**Syllabus for Health and P.E.**

**Teacher Webpage access:** Teacher webpages are available on the Pine Hill Website. Check the website for important information.

**Email Address:** garneta@boe.richmond.k12.ga.us

**Conferences:** All parent-teacher-student conferences are scheduled through the Guidance Department.

**Gym clothing:**

* Appropriate sneakers that tie up securely.
* Basketball shorts, gym shorts, wind pants, and sweatpants free of metal
* T-shirt, or wind jacket or sweatshirt – all tops need to cover the belly at all times (no inappropriate words or sayings on clothing). Tank tops are not acceptable.
* Students are expected to change their clothes and dress out every single day of class. A note will be placed in agenda for 1st and 2nd offenses. Agenda should be brought to PE every day. If a student does not dress out 3 times in any given marking period, the parent will be contacted due to the impact on the grade for this student. This process will start over every grading period.
* **Dressing out/in:** Students will be given 5 minutes. Teachers will supervise locker rooms
* There is a loss of points when student do not dress out or do not dress out in a timely manner.

**Locker room:**

* Students will be assigned 1 locker to place clothing worn to school.
* One locker will be assigned to each student for the grading period.
* Students must bring a combination lock as a part of their school supplies.
* Students are responsible for their own property.
* Do not leave anything in locker room unlocked. Staff is not responsible for unsecured items.

**Reporting to Class:**

* Report to “yellow” hall and line up according to gender. Girls will move first to locker-room area with female coach. Boys will follow after this point.
* All students will be in locker room. Students not dressing out will sit on first bench as directed by coach. When five-minute period is over coaches will move class to gym and secure door.
* Students will complete activities assigned for the day.
* Students will return to locker rooms to dress back in and debrief on activity for the day.

**Daily warm-ups:**

* slow jogging to warm up muscles and increase cardiovascular endurance
* muscle strengthening exercises and stretches

**Non-participation:**

* Parent note for 1-3 days/Doctor note for extended medical excuse
* Loss of points for non-participation that is not excused by a physician, parent, or administrator.

**Alternative Assignments for not dressing out (any reason)**

* Students will be asked to do a walking routine around the gym/field as outlined by teachers. Students can earn points for following these directions even though a loss due to not dressing out will occur.

**Gym and Locker Rooms Behavioral Expectations**:

* Please be Respectful, Safe and Responsible in all areas (gym, locker rooms or outside).
* Please do not climb on anything (in gym, locker rooms, or outside) or use equipment without permission from teacher.
* No glass containers
* No food, gum, candy or beverages
* All belongings are kept in the locker rooms during class.
* All student electronics turned off and left in lockers or locked in coach’s office.
* Use equipment appropriately.
* Be respectful of peers and adults.

**Grades:**

* Grade is included in the Honor Roll system
* Alternative written work and/or activities will be graded and averaged into the students’ final grades.
* Students coming out to the gym, late from the locker room will lose points (we come in together and we leave together…don’t hold up the class).
* Every student starts the grading period with the possibility of acquiring a grade of 100. During the course students may gain or lose points.

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| **Formative Assessments** | 60% |
| **Summative Assessments** | 30% |
| **Miscellaneous (homework, alternate assignments, etc.)** | 10% |

Grades will be maintained in Infinite Campus and will be uploaded to portal bi-weekly for parent view. If you have questions, please call or schedule an appointment through the guidance department at 706-592-3730.

**CLASS GRADING SCALE AND BREAK DOWN**

100-90 – A 89-80 - B 79-75 – C 74-70 – D BELOW 69 – F

**Consequences**

**First rule infraction – Teacher verbal warning**

**Second rule infraction – Teacher/Student conference**

**Third rule infraction – Teacher consequence(s) including silent lunch**

**Fourth rule infraction – Parent Teacher contact and /or conference/guidance referral**

**Fifth rule infraction – Referral to administration**

**Supplies Needed**

* Basketball shorts, gym shorts, wind pants, or sweatpants free of metal
* Sneakers that tie up securely
* T-shirt, or wind jacket or sweatshirt (Tank tops are not acceptable.)
* Combination lock

**Please read over the Pine Hill Middle School Physical Education/Health Procedures as written with your parent/guardian, sign and date below as indicated, and return bottom portion to your assigned coach.**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Best Contact Numbers:\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (H)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(C)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(W)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Allergies:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Medical Concerns:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**