Physical Education

Syllabus

Coach A Wilson

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**Course Description:**

We will concentrate on all areas of physical development. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills - along with encouraging students about nutritional needs. Students should be aware that “safety,” exercise, and proper nutrition are a critical component of Physical Education.

**Expectations**

Gym attire will be required, starting Wednesday. (Tentatively, after Labor Day)

Prior to the tentative date for dressing out, students should wear or bring sneakers in-order to participate.

Students are to participate in all class activities unless student is ill or has a doctor’s excuse.

* Exercise Regimen, to include running/walking
* Team Sports
* Fitness Gram

\*\*Please bring water or power drink to class.

**Grading Scale**

* 100%= dressed out and participates
* 75% Participates and not dressed out
* 60% Does not dress out and does not participate

**At Home Learning**

* Students will fill out their exercise data sheet provided in Canvas or may request a paper copy.

**Dress for Physical Education:**

* **Bring water or an empty plastic bottle** for hydration purposes. (There is a water dispenser for bottle refills in F Hall.)
* Sneakers
* Shorts or sweatpants
* T shirts/active-wear type shirts or sweatshirts
* No tank tops or spaghetti strap shirts
* Remember -Dress out clothes = (appropriate shirt, shorts, pants, and athletic shoes)

Students will be informed ahead of time when there is an **outdoor activity** and should dress for heat/cold

**No cell phone use in classroom or gym**

**Fitness Gram** will be administered in September.

**Classroom Expectations:**

1. Report to room 162 prior to changing.
2. Students have 5 minutes to get dressed.
3. Students should not leave any unlocked personal property that is deemed valuable to him/herself.
4. Do not enter the gym without permission, we enter the gym as a class.

6. Students will dress in proper attire. This includes an appropriate T-shirt, shorts, sweatpants or wind pants, socks or footies, and athletic shoes. All apparel must meet school dress code (NO sleeveless, cutoff T-shirts, tank tops, or jeans will be accepted).

7. Students are expected to be RESPECTFUL of the rights of others. Raise your hand before speaking. Be quiet while others are talking. Respect all property in this classroom, locker room, and gym! If it’s not yours, LEAVE IT ALONE!

8. Students are expected to follow the school rules and codes.

9. “WATER” only, no food, or gum are allowed in the gym or classroom.

10. Attendance is an ESSENTIAL part of learning! Students are responsible for missing work when they return from an absence.

11. If you need help, ASK! If you don’t understand, ASK! If something is wrong, ASK! If you need anything, ASK! Use class time wisely!

12. No boys are allowed on the girl’s hallway and no girls are allowed on the boy’s hallway during P.E. without permission from the teacher

13. When you hear the whistle blow or the intercom, stop to listen for directions.

**Major Course Projects & Instructional Activities**:

All students that are enrolled in Physical Education class in the state of Georgia are required by law to participate in the Cooper Institute FitnessGram Test. FitnessGram is a complete battery of health-related fitness items that are scored using criterion-referenced standards. These standards are age and gender specific and are established based on how fit children need to be for good health. Students will be tested in the following areas: Body Mass Index (BMI-height and weight), the PACER run, Curl-up (abdominal strength and endurance), 90-degree push-up (upper body strength and endurance), Back-saver sit and reach (flexibility). This test is designed to assess the Five Components of Physical Fitness listed above.

**(Fitness Gram** will be administered in September or February if 2nd Semester)