**Physical Education**

**Coach Johnson**

**Course Syllabus 2025-2026**

**Course Objective**

*The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.*

**Course Description(s)**

* **Recreational Games:** This course is designed to teach students the proper way to play different activities and games, while still managing to stay physically fit and socially active. Students will participate in a variety of individual and team activities. This course will provide students with the opportunity to learn the history, rules, and basic skills of several recreational games. Students will then practice and develop the skills necessary to participate in those games that may include but are not limited to, basketball, badminton, ping pong, spikeball and volleyball.
* **Team Sports:** This series of elective courses provides students with an opportunity to learn the history, rules, and basic skills of the following team sports: basketball, volleyball, soccer, flag football, team handball, ultimate frisbee, and softball. As the courses progress, students will have an opportunity to experience team play, strategy development, and officiating techniques in each of the team sports offered.
* **Physical Conditioning:** This course will provide you with a continued focus of the five components of fitness: cardiorespiratory, muscular strength and endurance, flexibility, and body composition. You will be exposed to various exercise modalities and training techniques. In addition, you will develop the skills to assess each component of fitness and will practice constructing cardiovascular, muscular strength and endurance, and flexibility programs based on the fitness assessment.

**Major Course Projects and Instructional Activities:**

***Participation is Essential!***

Students will often work in teams. However, students will have individual roles and responsibilities within the group in which they will be held accountable. Teams will be assigned & assessed weekly/bi-weekly depending on the unit.

Once students have been provided instructions on the various activities, students will then be provided the opportunity to practice/work independently (part of participation grade). When students have been provided ample time to master skills, students will be assessed on mastery of standard content, ability to perform various skills/techniques, and overall effort.

**Course Work**

Students will receive a variety of assignments designed to enhance their learning. If a student is absent, the student is responsible for the missed assignment.

Students are expected to submit work on time. Doing so exhibits pride in producing quality work and fulfilling student responsibility. This work habit is a behavior that supports academic achievement and demonstrates characteristics from our Richmond County School System Profile of a Graduate. Late work can negatively impact learning and your ability to demonstrate mastery of the standards.

When the assignment calls for students to produce original work, students will not use Artificial Intelligence (AI) to generate the assignment for them. Assignments are given to help students learn and demonstrate what they know. While there may be appropriate times for students to use AI during the learning process, using AI to generate original work in place of the student completing the work, is considered

Academic Dishonesty and can be punished according to the rules outlined in the Code of Conduct. *See RCBOE IHA-R Grading Practices*

**Late Work (Grading Policy- See RCBOE IHA-R Grading Practices)**

Students may have their scores reduced by 5% per school day for a 25% maximum reduction (five school days). ***Late work submitted after the fifth school day will only be accepted at the teacher’s discretion.***

**Make-Up Work (Grading Policy)**

Students are expected to make-up assignments and assessments that were missed due to absence from

school within 5 school days of their return. Students are expected to check the WAG from the school website to see what was missed and are responsible for asking teachers for the make-up work upon returning to class (after class). When the announcement is made on designated makeup days, students are expected to report. Students will be allowed to make-up assignments on designated make-up days.

**Grade Recovery**

 Students will have **a minimum of two opportunities for grade recovery** during the semester. These sessions will allow you to make up missed assignments or improve low grades. Specific **dates and instructions will be announced later in the semester**, and you are encouraged to take advantage of these opportunities to stay on track and succeed in class.

**Evaluation (Grading Policy)**

* **Daily Warm-Ups/Cool-Downs (Minor – 60%)**
* **Participation (Minor – 60%)**
* **Assessments/Presentations (Major – 40%)**

**Relearn and Reassess Plan**

For any major assessments, students will have the opportunity to submit a relearning plan for parent and teacher approval. Upon satisfactory completion of the plan, as determined by the teacher, students will be given a minimum of **ONE** opportunity to be reassessed. Only students scoring below 70 on a major assessment can complete a relearning plan unless exempted with parent approval.

* Reassessments may be different from the original.
* The reassessment score will replace the original score (the scores will not be averaged).
* Reassessments should be completed **within 7 school days** of receiving the original grade. Teachers should have discretion to extend the timeline to address extenuating circumstances.

*See teacher class page for Relearn/Reassess Contract*

**Classroom Procedures & Expectations**

## ****PRIDE: Classroom Procedures & Expectations for Physical Education****

### ****P – Principled****

* **Respect people, property, and the learning environment** – treat classmates, teachers, and equipment responsibly.
* **Follow all safety rules and instructions** the first time they’re given.
* **Be honest and fair** in competition and interactions.

### ****R – Reflective****

* **Think about your effort and behavior** during class—ask, “How can I improve?”
* **Own your actions**—positive or negative—and learn from mistakes.
* **Give and receive feedback respectfully** to help yourself and others grow.

### ****I – Innovative****

* **Be willing to try new skills, sports, and activities** even if they’re unfamiliar.
* **Find creative solutions** when faced with challenges in class activities.
* **Contribute ideas** to improve class routines, games, and teamwork.

### ****D – Disciplined****

* **Arrive on time** dressed for PE (proper shoes and attire).
* **Follow procedures for entering and exiting the gym/field** calmly and orderly.
* **Stay on task** during activities—no sitting out unless excused.
* **NO CELL PHONE POLICY:** Phones must stay in lockers, bags, or designated storage during class. Using a phone without permission results in confiscation and parent contact.

### ****E – Excellence****

* **Always give your best effort**—participation matters more than perfection.
* **Encourage and uplift your classmates**; everyone is working toward improvement.
* **Represent your school well** by showing sportsmanship, responsibility, and pride in your actions.

**Course Materials**

1. Proper attire and shoes for fitness activities (attire must adhere to the dress code)
2. Water bottle (recommended)
3. Personal hand sanitizer (optional)
4. School-issued Laptop

**My Contact Information**

* Class Location: New & Old Gyms
* Email: johnsco@richmond.k12.ga.us
* Remind:  **@8kadc2k**
* Canvas Inbox

**Acknowledgement of Changes**

Please be aware that the syllabus is subject to change throughout the course. Any changes to the syllabus will be communicated promptly via Email or Remind, and it is the responsibility of students and parents/guardians to stay informed of any updates.

**Contract Acknowledgment**

**Student Contract:** I understand that all work should be completed on time. I understand that my teacher may deduct five points per day and communicate this in my Infinite Campus gradebook. I also understand that work turned in after the learning has occurred may not be graded (no more than 5 school days from the due date). I understand that using Artificial Intelligence to complete assignments where I am asked to produce original work will be considered Academic Dishonesty.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

**Parent Contract:** I understand that my child is expected to complete assignments on time. I will remain in communication with my child’s teacher and monitor missing and late work as noted in Infinite Campus Parent Portal. If my child continues to submit work late, I understand that a parent-teacher conference will be needed to co-develop a plan of action. I understand that my child should not use Artificial Intelligence to complete assignments where students are asked to produce original work.

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_