**Physical Education Syllabus**

Coach Hammett K-5 grade Physical Education email: hammeka@richmond.k12.ga.us

**Course Description**

Hains Elementary provides a diversified program of developmentally appropriate activities, team sports, non-traditional games, conditioning, movement and rhythms suited to the capacities and limitations of all students, regardless of size, coordination, body type, or other physical capabilities.

At Hains Elementary, we support full inclusion of students with disabilities in our physical education classes. The P.E. program at Hains Elementary is very important to your education and is designed to promote your physical, emotional, mental, and social well-being. Students will earn an academic based grade on participation and effort.

**Course Materials**

**Students will need to wear athletic shoes to participate in the Physical Education program. No flats, slippers, boots, sandals, or open toe shoes. No cell phones, iPods, cameras, food, candy, or gum permitted at any time.**

**Content and Performance Standards**

Hains Elementary Physical Education staff aligns our curriculum with the Georgia Performance Standards for Physical Education. Each grade level has a unique emphasis that guides the curriculum, class activities, developmental skills and instruction for that grade. Parents may look up the standards on [www.georgiastandards.org](http://www.georgiastandards.org)

**Grading Policy, Assessment and Practices**

Students will be graded on their ability to meet, exceed or improve upon Georgia Performance Standards. Grades are based on the student’s performance, participation, and assessments.

1. Active Participation-100% effort in daily participation in all class activities including warm-ups, stretching, class discussions, and lesson activities
2. Attitudes and Values-social skills, perseverance, sportsmanship, honesty, integrity, teamwork, and class work that includes self-evaluations.
3. Subject Matter Knowledge-written and oral assessments
4. Skill Development-teacher observation
5. Fitness-Improving -personal fitness levels and working to meet Georgia State established health fitness zones, fitness levels, class and personal goals.

**Assessment**

Assessment strategies used to evaluate each student’s level of mastery of the Georgia Performance Standards include but not limited to the following: cognitive test, entrance and exit answers, performance tasks, rubrics, skills tests and structured observations.

**Rules and Behavior Expectations**

Be on time to class, be on task at all times and give 100% effort every day of class. Be prepared for class each day by wearing the proper footwear. No phones, iPods, cameras, gum, food, or candy allowed in the gym. FOR SAFETY REASONS, HATS, SUNGLASSES, GLOVES, BIG JEWELRY AND OPEN TOED OR FLAT SHOES MAY NOT BE WORN DURING CLASS AND ALL CLOTHING MUST FIT PROPERLY.

Be Respectful (keep hands, feet, and other objects to yourself. Use respectful words when speaking to anyone.)

No talking when teacher is talking, raise your hand to speak.

No fighting, bullying, profanity, or name calling.

No leaving your seat without permission.

Be prepared!!

**Discipline and Consequences**

1. Any behavior that is deemed inappropriate by the instructor such as foul language, disrespect to students or staff members, talking at inappropriate times, creating a disturbance, talking back to staff members, improper use of school equipment, will not be tolerated and will result in consequences such as holding student out for the period, written assignment, or referral to administration.
2. Any behavior that is harmful toward others such as careless play or rough play, chasing other classmates, pushing, fighting, any version of play-fighting, teasing or bullying, or throwing rocks or any other objects will immediately be given a referral.

Warning

Timeout 5 minutes

Reflection (What did I do, what was I supposed to do, what can I do differently)

Phone call

Office Referral

**Physical Fitness Testing (Fit Georgia)**

Students in the state of Georgia are mandated by the state to be Fit Georgia tested. Grades 1-3 are to have body composition administered (height and weight). Grades 4-12 must be tested in five categories. The five categories are Aerobic capacity (15m or 20m pacer test), upper body strength (push up), abdominal strength (curl up), flexibility (sit reach), and body composition (height and weight). Hains Elementary administers a pre-test in the fall and a Post-Test in the Spring. This test gives the students a baseline and the student can then set goals to reach by the spring post-test. It is important for students to sustain physical health within the Healthy Fitness Zone. Results from the Fit Georgia test will be sent home prior to the end of the school year (with last report card).

**Medical Excuses**

Students may be excused from P.E. for 5 consecutive days with a written note from a parent. It is recommended to bring a doctor’s excuse after the fifth day.

Important: Please turn in a copy of a doctor’s note to the PE dept.