



...Home of the Patriots...



Physical Education

Coach Thomas

Course Syllabus 2025-26

Course Description and Objectives

- *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.*

Unit/Concept Names

- **Recreational Games:** Introduces recreational games for lifetime leisure activities, which may include table tennis, shuffleboard, Frisbee, deck tennis, new games, horseshoes, darts and croquet. Rules & Skills
- **Lifetime Sports:** bowling, golf, tennis, racquetball, baseball, badminton, roller skating and skiing
- **Personal Fitness:** strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.
- **Team Sports:** team sports such as basketball, volleyball, soccer, softball, baseball, field hockey, lacrosse, team handball, and flag football.
- **Weight Training:** strength development training and proper lifting techniques; includes fitness concepts for developing healthy lifetime habits based on the American College of Sport Medicine Guidelines for fitness and conditioning

Major Course Projects and Instructional Activities: *Participation is Essential*

Students will have a major portfolio assignment that encompasses the major topics covered. Students will also work in group, pairs, and/or individually for fitness activities.

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/Classwork

This is a physical activity course. If your student does not plan to be physically active and s/he is not in the required Personal Fitness course, they may want to consider a different elective. All students will perform some sort of physical activity aligned with the standards and curriculum of the course about 90% of the semester. There will also be a few hand-written assignments.

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



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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. 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 to coach.

Evaluation (Grading Policy)

- **Participation & Daily Warmup: 60% (minor)**
- **Assessments: 40% (major)**

Classroom Procedures & Expectations

1. Always Try YOUR BEST!!! Have the "I can do it" attitude! (Try & keep trying instead of saying I can't)
2. Respect the equipment and property (use as instructed and do not touch without permission)
3. Remain in designated areas for students determined by coach.
4. Dress appropriately (using RCBOE rules) and wear closed toe sneakers.
5. Every student is responsible for helping to maintain a clean, safe learning environment. Your area must remain CLEAN at all times. The floor should be clear of trash, paper, and personal belongings.
6. Adhere to all policies, rules, and regulations outlined in the student handbook, and RCSS Code of Conduct.

Course Materials

- Clothing & shoes (closed toe/athletic shoes for fitness & activities (change of clothes))
- water bottle/s
- sanitizer
- School Computer
- Spiral or composition notebook
- Writing utensil

My contact information: Email: ThomaDa@boe.richmond.k12.ga.us

Remind Sign Up information for updates & reminders	
Class	Email Link
Weight Training & Physical Conditioning	https://www.remind.com/join/itslitfit
Personal Fitness	https://www.remind.com/join/fitwhs
Lifetime Sports & Rec Games	https://www.remind.com/join/reclifewhs

Parents are encouraged to sign up for the Infinite Campus Parent Portal to have direct access to students' grade. Please make contact if there are any questions or concerns as soon as possible to ensure your student has time to adjust based on RCSS policies as well as teachers' expectations.



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By signing below, you acknowledge that you know how to access the syllabus and have read and understand the syllabus.

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: _____