**McKinley CLA**

# Physical Education Class SYLLABUS

**2023-2024**

**Courses: Middle School Physical Education and Weight Training**

**Grade Levels: 6-12**

**Teachers: Mr. Hoffman** [***jon.hoffman@slps.org***](mailto:jon.hoffman@slps.org)

**COURSE DESCRIPTION:**

Students will be active in some way, shape, or form during class. We will be attempting many Sports and Activities, as well as cardio and fitness moves. We look forward to teaching your student some of the new activities.

***Without Failure, there is no success!*** Do not be afraid to try something new or something you know (or think) you aren’t good at. Everyone will have many failures and many successes in life, in school, and in physical activity.

**CLASS REQUIREMENTS:**

**Materials Needed:** Students are required to bring active attire (shirts must have sleeves, (no tank-tops) and shorts must be a Good length, (no short-shorts) and **Athletic shoes.** Correct shoes are athletic shoes that that ***lace-up and support the Entire foot****.*

\*\* Students are Not allowed to participate without the proper footwear, therefore cannot earn their points that day.\*\*

**PERFORMANCE EXPECTATIONS:**

**Teacher Responsibilities:**

We are responsible for furthering the physical education of the students and helping them understand why a healthy body will help them in every aspect of their life, including their education.

**Parents Responsibilities:**

Parents please make your student’s PE teacher (and the nurse) is aware of any medical condition (asthma, inhalers, allergies, etc.) that may affect the student during physical activity.

Please bring/send all doctor notes (regarding injuries or medical concerns) to the nurse. The nurse will inform us (PE teachers) of any necessary physical restrictions.

If you have any questions please contact do not hesitate to contact me:

[***jon.hoffman@slps.org***](mailto:jon.hoffman@slps.org)

**Students Responsibilities:**

Cell Phones are **not** to be used or out at any point of PE class (unless given permission).

\*\*Profanity/Un-Sportsman like conduct is unacceptable in PE. StudentS will get one warning about profane language/bad choices and then they will begin to lose points.\*\*

**Method of Assessment:**

*20 points are available each day for physical education class.*

Students ***MUST*** participate to earn 20 points!!

(Remember, correct shoes are a ***MUST*** in order to receive points (as the wrong shoes make it difficult and, or, physically unsafe to participate).

The other main methods of assessment are class participation and effort (we do not expect everyone to be a star in every activity, just give Good effort). Good behavior is, obviously, also expected.

\*\*Walking is the minimal requirement for receiving credit for activity. IF a student is sitting and choosing not to participate in the assigned activities, they will receive a ***ZERO*** for the entire day.\*\*

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