Physical Education Syllabus 2024-2025

Instructor Information

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| Instructor | Email | Office Location & Hours |
| **Coach Kristof** | Heather.kristof@slps.org | Room 002 |

# General Information

## Description

In physical education, I want you to be healthy physically, mentally and socially.  That is why in physical education class, you will also learn about cooperation, communication, team skills, leadership skills and problem solving skills as well as keeping your body healthy.  Physical Education is when you can use your mind and your body together.  Positive attitude and effort will take you much further than displaying the best athletic ability.  Remember that people treat you as well as you treat them, therefore I expect my students to be positive and helpful to each other and myself. I DO NOT tolerate bullying or negative comments.

# Course Materials

## Required Materials

•Students must be prepared for class on a daily basis. They must be on time and dressed appropriately for P.E. class with tennis shoes. You MUST have appropriate tie up tennis shoes to participate in class.

**•School issued sports uniforms are NOT to be worn for Physical Education classes. This includes warm-up jackets or pants, jerseys, or shorts.**

**•You must be dressed in clothes other than the ones you have worn to school; this includes dress down days/house wars days.** Appropriate dress includes: t-shirt (long or short sleeves, shorts (of appropriate length) or sweatpants, no cut off shorts or tank tops).   Dress appropriately for class or I will let you know that it is not appropriate. Wear clothes as they were made.

•Students are required to change clothes before and after class in the locker rooms, failure to do so will result in a no dress.

Students will be given 5 minutes at the beginning of class to change and 5 minutes at the end of class to change. Class will begin EXACTLY 5 minutes after the bell rings. If you come in the gym after, you will be considered and marked Tardy. Students should be prepared to begin warmups at the time when class starts and not still be sitting on the bleachers waiting.

Ex: If the bell for class rings at 8:20- then you are expected to be dressed, ready to start class by 8:25. Class will be starting at exactly 8:25. If class then ends at 9:20, students will be released at 9:15 to go to the locker room to change back and will be able to leave the gym when the bell rings at 9:25.

**Students should bring a water bottle for gym daily.**

## Expectations

•**All phones and or electronic devices must be put away out of sight during physical education time. They should not be in your pocket during class. The first time I see it I will tell you to put it away, if I see it again during class It will go on in the pocket chart for phones for the remainder of class If I have to take it away more than once in a month, or you refuse to put it in the chart, or take it back out of the chart it will go to admin and I will contact a parent.**

• If the use of a phone or other device is appropriate for the class or task at hand, permission may be granted to use it by the teacher; ex: weekly endurance run.

· P.E. is based mostly on participation; If you are sitting out, your are not earning a passing grade, you need to participate to pass.

· Daily participation points will be awarded each class meeting. Students will earn 0-10 points daily regardless of skill level and/or success in the day’s activity. Students’ points will be based on effort, attitude, intensity level.

· Daily participation is an important part of any physical education class. It assures that students are accountable each day in class. It also allows for students that might not have a high level of skill in a given activity to still earn a large majority of the points offered during the unit as long as QUALITY effort and positive attitude are present on a daily basis.

∙Each student will run the entire class warm-ups for at least one week during the year. Students are expected to be prepared ahead of time with creative warm-up exercises for the entire class. A grade will be given for warm-up leadership skills. I should not have to help you run warm-ups. Students will be put with another student to team teach warm-ups for the week. If one of the individuals isn’t there, the other one will run warm-ups by themselves.

· Students will be fitness testing three times throughout the year and graded based on the FitnessGram Standard of Scoring.

· Students will complete formative and summative assessments throughout the semester. Written and skills tests will be administered to monitor student growth and learning.

·If you are sick or injured and need to be excused from physical education class, you need a note from the school nurse, parents, or doctors. If you choose to sit out, you will receive a 0 for the day. \*If you are medically excused for a long period of time, you can check with me for making up work.\*

## Grading Policy

1. Participation 50%
2. Cognitive Assessments 25%
3. Skills Assessments 25%

Schedule for Cognitive/Skills Assessments

**ALL DATES ARE TENTATIVE**

**Volleyball- Week of September 30**

**Badminton- Week of November 4**

**Pickleball- Finals Week in December**

**Basketball- Week of February 3**

**Floor Hockey Week of March 10**

**Soccer Week of April 21**