

Westside High School Physical Education Syllabus

Physical Education will concentrate on developing and maintaining each student overall fitness level.

Objectives

1. Optimal skill development in each sport and activity.
2. Develop and maintain physical fitness.
3. Increase student's knowledge in the value of physical fitness and the effects of exercise on the body.
4. Increase student's knowledge of rules and strategy of each sport and activity.

Six Weeks Grades will be based on the following:

1. 70% Participation and Dressing Out
2. 30% Unit Tests, Skills Test and Written Assignments

Daily Grades: 6 Points per day X 4 Days = 24 Points per week

1. Students receive 3 points per day for dressing out in a WESTSIDE PE UNIFORM and Athletic Shoes.
2. Students receive 3 points per day for **ACTIVE PARTICIPATION**.

GRADING SCALE FOR ACTIVE PARTICIPATION:

	Exemplary (3)	Satisfactory (2)	Needs Improvement (1)
Sportsmanship	Encourages others, takes turns, shares, and no put-downs	Takes turns, takes care of self, and usually positive	Requires frequent interventions, demeans others, selfish, and often not positive
Effort/Participation	Awesome participation, always on task, constantly pushes self, and prepared for class	Steady participation, on task, and usually pushes self	Not yet working, passive participation, sometimes on task, and seldom pushes self
Skills/ Performance	Can do things well, and uses the proper technique	Can do many things well, improving, and consistent technique most of the time	Can do few things well, inconsistent, and sometimes uses technique

A final written exam will be given covering all the units taught during the semester.

PHYSICAL EDUCATION DRESS

All students **MUST** purchase a **WESTSIDE PE UNIFORM**. Uniforms cost **\$25.00** and will be sold in the Westside school store. **Shorts are 10.00, shirts are 15.00.** Outside clothes are NOT allowed. Athletic shoes must be worn always.

BLOCK PERIODS

Wednesdays and Thursdays will be fitness development days. Block periods will generally be broken into three segments: classroom time (technology), warm-up/fitness development, and organize activity time. MUST BRING YOUR LAPTOP!

LOCKER ROOMS

Students will enter and exit the gym **ONLY** through the PE locker rooms. These entrances are in the JROTC hallway. Students are not permitted to enter the gyms through the front doors near Vend-o-land.

Students will be assigned a small locker in the gym to store personal items. **YOU MUST PURCHASE YOUR OWN LOCK.** Sharing a locker is not permitted.

CELL PHONES, IPODS, FOOD, CANDY, AND DRINKS ARE NOT ALLOWED IN THE GYMS. THESE ITEMS WILL BE CONFISCATED.

ABSENCES/ ILLNESS/ INJURIES/ MAKE-UP WORK

It's the **STUDENT'S RESPONSIBILITY** to make-up all written and skill tests. Absences including field trips, college visitations, and sickness. A pre-arranged meeting need to be made to receive credit for absences from class.

MEDICAL POLICY

As directed by the State of Texas, students are required to take and pass two (2) semesters of physical education to earn the necessary credits for graduation. A **Doctor's Note** is required when a student needs to modify their participation due to medical reasons.

HEALTH AND SAFETY POLICIES:

-Students must be in the locker room when the tardy bell rings.

-Students must report to the Lego Gym, and be sitting in attendance lines within 5 minutes of the tardy bell.

-Students must remain in the locker room until the bell rings. Those leaving early will receive a disciplinary referral and receive point deductions for their unit grade.

-Valuables must be locked in your locker. Do not leave valuables and money unlocked. Westside is not responsible for your personal belongings. If theft occurs, let your teacher know immediately.

-If a student is injured during class, the teacher must be notified immediately.

-Profanity is NOT tolerated. Consequences are: 1) a teacher-student conference, 2) teacher-student-parent conference, and 3) administrative-teacher-student-parent conference. Progressive steps will be taken if the profanity continues.

-No large earrings, watches, or bracelets are worn in class.

By signing this document, I agree to all rules and regulations listed above.

Student Printed Name: _____

Student Signature: _____

Parent Printed Name: _____

Parent Signature: _____

Parent Phone Number: _____

Parent Email: _____