Meyerland Middle School

Physical Education Syllabus

**Mission:**

Our mission is to improve health, fitness and increase activity. Healthy, active children are better learners. Our primary focus is “Fitness for Life”

**Expected Student Outcome:**

Participation in P.E. shall require clothing appropriate to the activity, such as, tennis shoes, P.E. shorts, and P.E. shirts. This promotes freedom of movement, safe participation, and builds a good hygienic practice. Should a student not wear tennis shoes to school, they can bring them in their P.E. bag or store them in their P.E. locker. Should a student have any special needs, they should see their coach to make arrangements.

**Students who do not participate or dress out in Physical Education will lose 20 points for that day.** Complete refusal of participation will result in failure of physical education.

**Absences:**

If you are absent from P.E., you will need to see the coach about make-up work. Make-up work will include finding an article about sports, nutrition, health, or fitness, from a newspaper, magazine, online, etc., read it and write one paragraph (at least 5 sentences) summarizing what you have learned from the article. You will receive full credit once you turn in your summary and the article to your coach. This is to be done for each day absent (i.e. if you are absent for three days, then you need to do three articles.)

**Grading:**

All grades will follow the HISD grading policy. Grades will be determined by dressing out, properly performing warm-up exercises, participating in skills and drills, and showing growth in knowledge and skills assessments.

Health related fitness assessments will be completed throughout the school year. This will reflect the student’s fitness level in the areas of cardiovascular conditioning, muscular strength, endurance, flexibility, and body fat composition.

Grades are taken on a weekly basis and students lose points each day they refuse to participate and/or dress out for P.E.

If a student needs to be excused from participating, they must do the following:

* + Bring a signed and dated written note from a parent or guardian with a valid reason (illness/injury).
  + If the student has a serious illness or injury that will keep the student from participating for more than three days, a doctor’s note will be required.
  + The coach will then assign alternative work.

**Locks and Lockers:**

**Do not share your locker, you are responsible for your own lock**. Students will be held responsible for their lock and locker. Coaches are not responsible for lost or stolen items in the locker room.

**Behavioral Expectations:**

Gym, Locker room, Spin Lab, and Fields.

You are to be in the gym, lined up for attendance, when the bell rings or you will be counted Tardy. The consequences for excessive tardiness will be handled by a school administrator. Dress out quickly and wait to be dismissed to the gym for warm-up exercises. Lock all valuable items in your P.E. locker. **We are not responsible for your belongings.**

Anyone caught defacing the locker room or any school property will be dealt with by administration.

1. Running, profanity, fooling around and screaming are not allowed.
2. Do not enter the coaches’ office without permission.
3. You will be dismissed at the end of the class by the coach. Do not go outside of the locker room until you are dismissed or requested to do so by a coach.
4. Do not touch any locks or lockers unless it is your own.
5. Do not share your locker with anyone.
6. No eating, glass bottles, or aerosol sprays of any kind are permitted in the locker room.

If anyone is caught intentionally damaging any part of the physical education facilities or equipment, they will be restricted from use and will be expected to pay for the damages.

**Coaches have the right to revise the above syllabus as needed at any time.**