

# PHYSICAL EDUCATION

## Course Syllabus



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\*Join: Milby Physical Education “Remind” to get up to date information on course.

Text: @a32fk to 81010



### **Mission Statement**

The Physical Education Department at Milby High School seeks to provide students with the opportunity to foster and continue improvement of skills to become efficient, knowledgeable and self-confident individuals who can successfully participate and manage a healthy and active lifestyle. The goal of the department is to offer our students diverse experiences in multiple activities. Each student will manage and maintain fitness levels and acquire skills and knowledge to participate in lifetime fitness activities. In addition to the physical domain, students will develop a positive self-concept, improve critical thinking skills, increase their appreciation for individual and cultural differences, and exhibit appropriate social and emotional behaviors.

### **Medical Limitations & Restrictions**

If a student is limited from physical activity, the student must bring in a letter from his/her doctor indicating the physical limitations and the period of time that he/she must adhere to these limitations.

### **Dress Code**

When attending Physical Education classes, it is important that students are dressed appropriately for safe participation in class activities. Appropriate attire includes a Milby PE Uniform (wind pants, sweatpants, or athletic shorts) as well as SNEAKERS/ATHLETIC SHOES. PE uniform is purchased from school for \$20.00.

### **Grading**

Daily grades will be given based on 1) Dressing out for class/Preparation, 2) Participation 3) Written & Skills Assessment, 4) Fitness Test (Fitness Gram), 5) HUB assignments/exams.

### **Supplies/Materials**

1. Combination lock will be provided.
2. Lockers will be assigned.
3. Athletic Shoes & Appropriate P.E required attire. (stated under Dress Code)

MILBY HIGH SCHOOL

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Class Period: \_\_\_\_\_

## Conduct

All students are to abide by the HISD Student Code of Conduct Tardy, Attendance & Discipline Policy. **NO PHONES, NO GUM, FOOD OR DRINKS OF ANY KIND IN THE GYM!**

## Student and Parent Acknowledgement of Physical Education Course Syllabus

Date: \_\_\_\_\_

Student Name (Print): \_\_\_\_\_

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Parent(s)/Guardian,

Please review the attached Milby Physical Education Course Syllabus with your child and acknowledge that you have received and understand the course syllabus by signing below.

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_

Contact phone number(s) \_\_\_\_\_

\_\_\_\_\_

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