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Physical Education 9

Palmerton Area High School

![MC900357817[1]]() **Course Guidelines**

**What you will need each class:**

1. Appropriate clothing
2. Good Attitude & Effort

**Course Content:**

Physical education is an instructional program that has identifiable learning and performance outcomes for students. Like all school subjects, physical education, is a learning environment with subject matter. Physical education curriculum will include: skills, exercises, games, and sports. The students will need to be able to perform each unit. Also, like other school subjects, physical education will be testing students’ knowledge.

**Objective:**

The purpose of our physical education program is to assist students in acquiring skills, knowledge, and motivation to continue physical activity in their daily lives. We as teachers will be physically and emotionally motivating, showing a good example in and out of the classroom for our students. We will be featuring two different model curriculums:

Sports Education – these units will split students into teams so they may work to achieve common goals as a team. These units often incorporate tournaments for play.

Fitness Model – these units will offer activities in which students will improve their present physical fitness. The goal of maintain physical fitness throughout the lifetime will be stressed.

**Dress Regulations:**

* Full length, short sleeve T-shirt and standard athletic shorts, not to be worn below the hips.
* Sweatshirt and sweatpants are permitted.
* Athletic socks and sneakers, not boot type or street shoes. Sneaker must be supportive, non-marking.
* Clothing that advertises alcohol, drugs, or tobacco will not be permitted.
* Jewelry and gum are not permitted. **Nose, lip and eyebrow piercing *MUST* be removed for class.**

**Safety and Class Procedures:**

Students should:

* Use equipment as instructed, not for fooling around or for horseplay. Take care of the equipment.
* Be helpful to the instructor and other students.
* Be a leader and not a problem.
* Report ALL accidents and injuries immediately, no matter how minor.
* Ask the instructor if you are unsure what to do or how to do it.

Students should NOT:

* Handle equipment for any activities until the instructor directs them to do so.
* Wear jewelry or chew gum during class.
* Insult, embarrass, offend, or threaten anyone.
* Climb on bleachers or hang on equipment, such as baskets, goals, etc.
* Leave class without the permission of the instructor. Students must wait for instructor to dismiss them.

**Locker Room Conduct and Procedures**

* You will have between 8-10 minutes before and after class to change.
* All students will enter and exit the class by areas designated by the instructor.
* No one is allowed in the locker room after class has begun without the permission of the instructor.
* After showering and/or dressing, no one is to leave the gym area until the bell rings.
* Running, shouting, and throwing articles in the locker room or shower are strictly forbidden.
* Absolutely no food or drinks are allowed in the locker room area.

**Student Belongings:**

Palmerton Area School District and its teachers are not responsible for any of a student’s belongings left unattended in the locker room. If a student wishes to bring in their own lock and use a specific locker for the duration of their Physical Education class they are to notify their instructor and give the combination and locker number to the instructor. If they do not wish to do this they may give their valuables (money, jewelry, etc.) to their instructor who will lock it up in their office. It is the student’s responsibility to obtain their possessions from the instructor after class.

**Showers:**

Showering is optional for all students following a physical education period. If you shower, budget your time so you are not late to your next class.

**Medical Excuses:**

No student is excused from class without a medical excuse from a doctor or a note from Trainer D. Smith. This is a requirement set forth by the state. Student with a medical excuse who are sitting out from participation WILL stay seated on the bleachers quietly, NOT be a disruption to class. **If a student has a medical excuse for 3 or more consecutive days they will be required to complete a make-up assignment to substitute for participation points missed.**

**STUDENTS NOT PARTICIPATING: If a student chooses to sit out and not participate they are to stay seated quietly on the bleachers. They are *not to have their cell phone out*, if they do it will be confiscated. If they become disruptive, get up and walk around/walk out, or pose a safety risk to the students participating they WILL be removed and placed in an alternative setting.**

**The grading scale for this class follows Palmerton Area School Districts policy:**

|  |  |  |
| --- | --- | --- |
| A+ = 97-100 | B- = 80-82 | D = 63-66 |
| A = 93-96 | C+ = 77-79 | D- = 60-62 |
| A- = 90-92 | C = 73-76 | F = 0-59 |
| B+ = 87-89 | C- = 70-72 |  |
| B = 83-86 | D+ = 67-69 |  |

**Class Management System:**

1st Offense = Warning

2nd Offense = Discipline referral, email/phone call home

3rd Offense = Discipline referral, email/phone call home



**Assignments**

|  |  |  |
| --- | --- | --- |
| **Assignment** | **Points Received** | **Points Possible (percentage of grade)** |
| Students start the course with 100%Preparation and Participation***POINTS LOST:*** -10 points for ***NOT*** participating -5 participating with sneakers, but ***NOT*** changed into PE attire. -3 points for chewing gum, wearing jewelry, poor effort  |  | 100pts 100% |

* Unexcused absences will result in loss of participation grade for the day. Please return by 9/7/2018.

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Physical Education 9

\* By signing below I acknowledge that I completely understand the guidelines and expectations of this course. Please detach this portion and return to Ms. Andrews.

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 Print name

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 Student Signature Parent Signature and Phone # / E-mail