

Physical Education (Grades 8-12)

Purpose: To provide the necessary knowledge and skills to participate in physical activity, enhance physical fitness, and maintain personal health.

To provide knowledge necessary to create and maintain a safe and healthy environment.

To provide knowledge to help students to understand and manage their personal and community resources.

Goals: Students will demonstrate competency in a variety of physical activities.

Students will develop leadership, cooperation, problem solving and teamwork skills.

Students will know the potential safety concerns associated with a variety of activities.

Students will demonstrate responsible personal and social behavior while participating in physical activity.

Students will recognize the benefits of engaging in physical activity.

Materials and Supplies: Clothing required for participation must be provided by the student. Proper attire includes sneakers, gym shorts, and a crew style T-shirt that covers the navel. For the safety of all students in class, sneakers need to have a closed in heel, a flat sole, should not have a high platform, and tie sneakers must be tied. All types of sneakers must be tight enough to stay on during class. Jewelry should not be worn during class. Athletic sweat shirts and pants are allowed. P.E. clothing must be approved by the P.E. teacher prior to the first day of activity. A notebook and a pen/pencil are required for class. Students who do not abide with the above requirements will receive an unprepared for the day.

General Guidelines

Students are expected to treat teachers and students with courtesy and respect. Good sportsmanship is expected at all times.

Students are expected to actively participate in all classes unless a medical excuse is provided by a doctor. Students with a medical excuse will be assigned alternate work. Possible alternatives will be unit notebooks, officiating, library research, activity related articles, or limited/modified activity. Classes missed for any other reason need to be made up.

Make ups: Students are required to make up missed classes by attending a P.E. class during study hall or during their free time. Make ups for any absence or excuse must be made up during the unit in which it occurred or within two weeks of the misses class. Students who do not have study halls or free time or are out of class for an extended period of time must make an alternate plan with the teacher.

Lockers will be provided to all students. Lock up all valuables and personal items during class.

Fire drills: Students are to exit the gym from the nearest door leading directly to the outside school grounds. When in the locker room, students will exit from the middle stairwell out onto school grounds.

Grading: Student will be graded according to the attached grading rubric.
