

Syllabus

2019-2020

Health and Physical Education

Course Description: Physical Education will include a variety of fitness and sport activities (Both team and individual). Sport's history, rules, skills, and team/individual strategy will be taught in class. Also, stretching, conditioning, and physical fitness will be emphasized. Health curriculum will include units on: healthy choices; nutrition; substance abuse; consumer health; health problems; personal/family health and safety; community health; and the effects these can have on one's physical and mental well-being.

Goals: Our physical education program has been designed to provide an environment that will instill in your child the importance of fitness throughout life. This is accomplished through the instruction of body mechanics, individual physical activities, team sports, recreational activities, and life skills.

Lock/Locker Policy:

Every student will be issued a personal locker at the beginning of the school year. Students are required to purchase their own Combination Lock which will be placed on their assigned PE locker. Students must give the combination to their teacher to record before placing the lock on a locker. At the end of the school year, it is the student's responsibility to take the lock home and all possessions in the locker. Students may NOT share lockers with another student. Valuable belongings (jewelry and wallets) must be locked in a locker during class. Leaving valuables lying around is only inviting theft. **The physical education staff will not be responsible for lost or stolen articles.**

Before PE students will have five minutes to get ready for class. In that five minutes students should change clothes, tie shoes, use the restroom, and get water. At the end of class students will have five minutes before the bell to get changed back into their regular clothes, use the restroom and get water. Horse play and Bullying will not be tolerated in the locker room and will be handled immediately.

Uniform:

Students are required to change their clothes for Physical Education. Students are not required to purchase a uniform from the school. It is recommended that students wear athletically appropriate clothes; such as t-shirt (no graphics preferred), athletic shorts, socks and tennis shoes. Students may wear sweat shirts and sweat pants over their gym clothes during the colder months when appropriate. Students must take gym clothes home to wash at least once a week.

Grading Policy:

The grading percentage will be split 50% PE and 50% Health

Physical Education/Health	100%
Health/PE Tests/Projects	15%
Health/PE Quizzes	10%
PE Participation	50%
Health/PE Homework	10%
Health Classwork	15%

PE Non-Dress Policy:

For each day a student does not dress out for class, the student will be given an alternate assignment to complete for a grade that day. Any work that is not completed will be counted off. Students get one warning per nine weeks for not dressing out. After the warning students will follow the following guidelines:

1st Non dress day for nine weeks	Alternate Assignment , Warning
2nd Non dress day for nine weeks	Alternate Assignment, Note home to parent's . <i>If note is not signed or returned, silent lunch will be given.</i>
3rd and on Non dress day for nine weeks	Alternate Assignment, Silent Lunch

Rules:

1. No Horseplay, Bullying, use of drugs, alcohol, violence, or Profanity will be tolerated.
2. Report any Medical conditions that will affect your participation in class to the teacher and nurse.
3. **A doctor's note is required for a student to 2 or more days of physical education class.** A parent note is good for one day of the nine weeks. Any more than 2 notes per nine weeks requires a doctor's note.
4. Cell phones and Cameras are not allowed in the gym, locker room, health room, office, or any other room on the facility.
5. Food, gum, candy, and/or drink are not allowed in the gymnasium. In the health classroom, you may have a water bottle with a closable lid.
6. Aerosol Deodorants in all containers are not allowed in locker room or anywhere else around the facility. The spray and glass could harm the eyes of other students and cause severe damage. If the student is caught spraying or using this type of deodorant, the deodorant will be taken and dealt with accordingly.
7. Physical Education equipment is expensive and dangerous, any misuse or damages to the equipment will not be tolerated and dealt with accordingly.
8. **Any lost, stolen, or misplaced combination locks and personal items are the sole responsibility of the student. The student is responsible for replacing or securing their items in their locker.**
9. Students are required to bring a notebook, paper, and pencils to class each day.

Bullying:

Bullying, intimidation, or any other activity characterized by targeted, intentionally hurtful behavior (verbal or non-verbal) that results in any physical, social/relational or emotional/psychological harm to another person will not be tolerated in this classroom or anywhere in MMS. Students engaging in such activities will be referred to an administrator for disciplinary actions.

Honor Code:

Teachers have discretion in deciding what consequence will be determined for violations. Violations such as these do not necessarily need to be referred to an administrator. It is up to the discretion of the teacher, and the consideration of other extenuating circumstances, that determine academic consequences or disciplinary action.

Civil Rights/Non-Discrimination Notice:

Amherst County Public Schools is an equal opportunity education institution and will not discriminate on the basis of race, color, national origin, sex, disability and/or age in its activities, programs or employment practices as required by Title VI, Title IX and Section 504

**Monelison Middle School
Health & Physical Education Expectations
2019-2020**

I have read the Health & Physical Education Expectations Handout/Policies for the 2017-2018 school year and fully understand what is required/expected for the course including:

- Lock/Locker Policy
- Uniforms
- Grading Policy
- PE Non-Dress Policy
- Rules
- Bullying
- Honor Code
- Civil Rights/Non Discrimination Notice

Please fill in the information below, sign and return this portion to Mr. Campbell. By signing below, it indicates that you have fully read and understand the rules and expectations for Mr. Campbell's Physical and Health Education class. By signing below, it is also understood that any lost, stolen, or misplaced combination locks and personal items are the sole responsibility of the student. The student is responsible for replacing or securing their items in their locker.

Student Name (Print): _____

Student Signature: _____

Parent Name(Print): _____

Parent/Guardian Signature: _____

May I call you during the school day? _____ Phone Number: _____

E-Mail: _____

Combination Lock Combination (if available): _____

Parent Note: Are there any medical conditions, such as asthma, that could limit your child's ability to fully participate in an activity on any given day? If so please explain.
