

Physical Education

Hello Parents/Guardians and Students,

I am very excited for the 2018-19 school-year. Physical Education is a required class designed to get students active, teach the benefits of fitness, and educate on the proper way to exercise. Please review the attached syllabus and if you have any questions/comments, please feel free to contact me anytime.

Please sign and return this page indicating that you have read and understand the syllabus. Keep the syllabus for your records. – *Phil Keller*

Printed Student Name _____

Student Signature _____

Date _____

Parent Signature _____

Date _____

List and describe any health or injury concerns that I should be aware of that may limit participation in PE.

East Mountain Physical Education

Rules & Expectations

Ready to Learn

Be dressed out and ready to go on time!

Everyone Involved

Encourage everyone to participate in class.

Sportsmanship and **S**afety

Show respect, work together, stay on task, and follow directions.

Purpose

The goal is to be physically active, improve fitness & skills, and learn to be healthy.

Effort

Always try your best at everything we do!

Challenge

Keep working diligently to improve your fitness and skills.

Teamwork and **T**rust

Work together and communicate positively with your classmates.



East Mountain High School

Physical Education

Phil Keller ~ 281-7400 ~ pkeller@eastmountainhigh.net

Class Information/Assignments: www.emhspe.com

Learning Targets

After successful completion of physical education, students will meet the following learning targets:

- I can participate and play in a wide range of activities.
- I have the skills to move correctly in a variety of physical settings.
- I have improved fitness.
- I have the knowledge to be healthy.
- I can make personal decisions that will have a positive impact on personal fitness and health.
- I use appropriate communication.
- I practice healthy behaviors inside and outside of school.



Activities, Units, and Topics to be Covered

- Lifetime fitness activities (running, strength training, flexibility, pilates, yoga, aerobics, etc)
- Lifetime sports (Frisbee sports, football, basketball, softball, rugby, lacrosse, etc)
- Dancing (line, cha-cha, waltz, swing)
- Fitness Testing (FitnessGram)

Grading: A – 100-90%, B – 90-80%, C – 80-70%, NG – Below 70%

Activity Days (~60% total grade)

Students will be graded on the following criteria during activity days. Each day is worth 5 points. Failure to meet these guidelines will result in loss of points.

- 1. I will put forth a high level of effort to meet the class and daily goals.**
Each day learning targets will be set you it will be your goal to meet those.
- 2. I will come on time and be prepared for class.**
Wear appropriate shoes and clothing for activity - tennis shoes, t-shirt and shorts, etc.
Tardies = Loss of extra time to return to school from gym.
- 3. I will willingly participate in all activities, projects and assignments.**
If a student chooses to *not* participate, he/she will be choosing to receive 0 points for the day.
- 4. I will cooperate well with my classmates.**
This includes being supportive and encourage all students to fully participate.
- 5. I will bring a positive attitude to class and be encouraging to others.**
No complaining!
- 6. I will treat VGCC, the gym, and all supplies with respect and help with set-up and take-down.**
All procedures must be followed at VGCC and behavior must be appropriate.
- 7. I will listen and follow all instructions given.**
- 8. I will behave appropriately in the locker room.**
No cameras, cell phones, and music players are allowed.
- 9. I will participate in a safe and careful manner.**
- 10. I will fill out my journal on a daily basis.**

Assignments and Tests (~30% total grade)

- This includes **skill** and **knowledge** testing.
- Each individual assignment and test will be assigned a point total based on importance.
- There will be homework and studying in physical education (**10 online assignments**)!
- Late work will lost 10% per day. After 10 school days, the assignment is worth zero credit.
 - Student is responsible to make arrangements for excused absences.

Fitness Testing (~10% total grade)

- EMHS utilizes FitnessGram testing protocol to assess the fitness at the beginning and end of the school year.
- Students will be assessed on **effort** and **improvement** from the first to the last test.

Make-Up and Extra Credit

- All EMHS policies will be followed in regards to absences.
- School sponsored absences must be recorded in journal *prior* to absence for full credit.
- **Missed assignments or tests are the student's responsibility to make arrangements for make-up.**
- Only excused absences are allowed to be made up.
- All make-ups must be completed **within 5 school days (1 week) of absence**, unless otherwise arranged, for full credit.

Make-Up:

- **If a student misses a PE class for an excused reason (sickness, doctor, vacation, etc) the class must be made up! Your options are:**
- 90 minute workout at school with instructor present.
- 90 minute workout outside of school and have make-up card filled out and signed by guardian.

Extra Credit:

- EC can be done outside of class by doing activity and filling out make-up slip for 5 points.
- Only 1 extra credit assignment can be done per week for credit.

Medical Excuses: It is the student's responsibility to communicate with the instructor *prior* to class when a physical condition will affect class participation and/or performance. Activities will be modified as necessary. A doctor's excuse will be needed for exemption from activities for more than 2 classes and make-up will be required.

Etcetera

Alternative Assignments: When a student is at school but feels too ill to participate, he/she can complete an alternative in the library for credit.

Cell Phones: Cell phones are not allowed to be used at anytime during PE classes. DO NOT bring your cell phone to class. Keep your phone put away, or it will be confiscated.

Choice: Each student has choices to make on a daily basis. These choices result in either positive or negative consequences. Making positive choices will lead to positive results.

Communication: Honest and truthful communication is essential for successful education to take place. Please contact me anytime you have a question or issue.

Food/Drinks: Only bottled water and sports drinks are allowed in class. Food is not allowed before we start or during class. Eating and working out is a safety concern and will not be tolerated. Also, eating too much and too soon before class could cause side-aches and be detrimental to your workout.

Locker Rooms: You are responsible for your valuables. Lockers are available but bring your own lock to secure your possessions. We have had thefts in the past. You are also expect to behave appropriately in the locker rooms, including treating others with respect and keeping the facility clean.

Make-ups and Extra Help: PE make-ups for 3rd period PE will take place before class, during lunch when arranged by the student.

Music Players: Music players are only allowed at certain times and with permission.

VGCC: We are very proud of the gym and our relationship with VGCC. You must follow ALL procedures regarding gym and field use.

Behavior Policy

1st Offense --- Teacher Intervention/Reminder to stay on task and loss of points per day.

2nd Offense -- Second intervention results in loss of all participation points for the day.

3rd Offense --- Third intervention results in the student being asked to leave class for the day and parents/guardians being contacted.

***Any actions that are deemed by me as *severe*, will result in immediate removal from class.