

Mt. Edgecumbe High School

Physical Education Department

Course Syllabus

Course Title: Physical Education

Instructor: Archie Young

Course Description: Physical Education classes at Mt. Edgecumbe High School will be to educate students in various areas of sport, recreation, and healthy lifestyles. To be successful, a student must display their best effort on a daily basis. Students will come to class **prepared, on time, and ready to work**. A student may expect, from time to time, assessments which may include demonstration of skills, written exams, and written reports. The activities we will focus on may include basketball, volleyball, badminton, pickleball, team handball, powerball, soccer, flag football, ultimate Frisbee, and others. However, the majority of the class will be spent doing various forms of cardiovascular & strength exercises. The ultimate goal of this class is to expose students to multiple forms of healthy exercise in the hope they will find a way to maintain a physically healthy lifestyle.

Grading:

Grades will be based on attendance, **participation, effort, and attitude**. Students will be given daily points for those four areas and this will determine their grade for the class. Students must dress in proper gym attire to participate in the class. Proper attire is shorts/sweats/leggings, a t-shirt or hooded sweatshirt, and ***gym shoes that have not been worn outside***. If a student does not bring proper attire they are not allowed to participate in the physical education activities for fear of injury & health/hygiene concerns, and will receive a zero for the day. Daily grades will be issued at 10 points. Students who do not dress down will walk stairs, sweep gym floors, clean up athletic equipment. All students will participate in a Physical Fitness Assessment in the beginning and the end of the semester. Students will be challenged to make a 10% gain in each component of the PFA.

Citizenship:

Abusive language, disrespectful behavior, picking on peers, poor locker room behavior will not be tolerated. Have respect for everyone at all times.

Lockers:

All students will be provided with the opportunity to use a lock and locker while enrolled in this course. It is highly encouraged that they use these as Mount Edgecumbe High School will not be responsible for items left in the locker room during class time or after school hours. Phones will be EXPECTED to be **locked** in the students' locker. Lockers must be used in the main locker room. The team room is for current varsity athletes.

Injuries/Sickness:

To be excused from PE students must have a signed note from the nurse or hospital excusing them from physical activity. Any excused absence will not count against their grade. Grades for excused absences will be left blank. Students will be given the opportunity to make up those days and have a grade entered if they choose. Athletes are not excused from PE on game days.

Typical Weekly Schedule:

A typical weekly schedule in PE will consist of workouts Monday, Wednesday, and Friday. Tuesday and Thursday will be focused on activities/games.

Showers:

Students will be given the last 10-12 minutes of class to shower prior to the end of class. The expectation is that students will shower to maintain a quality hygiene. Students will not be excused if they are late to their next class.