

PHYSICAL EDUCATION – COURSE SYLLABUS
Saint Mary's College High School
Fall 2008 – Spring 2009

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PHYSICAL EDUCATION MISSION STATEMENT

At Saint Mary's we will be committed to helping all students gain an appreciation of the lifetime benefits of pursuing healthy living through activity, wellness and social interaction.

We pledge to maintain a non-threatening environment where all students are free to challenge themselves.

We are dedicated to helping students grow for life.

INTRODUCTION TO THE PROGRAM

Participation in a well-planned program is part of a good high school curriculum. We feel that fitness is of such great importance that much of your student's grade will be determined by his/her effort to achieve a high level of personal fitness through our daily exercise, jogging/running and sports/games.

The wide range of activities offered should enable all students to achieve success in several areas. We expect our students to: **ATTEMPT ALL ACTIVITIES AND TO TRY TO THE BEST OF THEIR ABILITIES.**

Materials needed

1. Notebook
2. Pen/Pencil
3. PE Shirt and Shorts (parents will be billed for uniforms and locks)
* PE clothes may NOT be loaned to or borrowed from another student.
4. Lock (issued at school)
* NO personal Locks, all locks are issued from the PE Dept.
5. White socks (separate socks just for PE class)
6. Non-marking sole athletic shoes with laces.
7. You may wear warm clothing if needed, sweatshirts or sweatpants but they must be worn under your uniform.

Class Rules

1. Leave all equipment alone until the instructor gives permission.
2. No dangling or potentially dangerous jewelry worn during class.
3. Use the bathroom before or after class.
4. Foul language will NOT be tolerated.
5. You MUST dress everyday for PE class, NO EXCEPTIONS.
 - See medical and parent note information section...
6. No food or drinks allowed in class or in the locker rooms.
7. No hats to be worn in class.
8. Students will respect each other and the teacher.
9. Students will follow all school rules while participating in PE.

10. Valuable items should be locked up prior to class. Larger items that will not fit in your locker, can be locked in the PE office.
11. Discipline problems will be dealt with quickly and on an individual basis.

Typical Class Day

1. Roll call – You have 7 minutes to get ready and be present for roll call in the gym.
2. Warm up exercises and stretching.
3. Announcements
4. Aerobic activity – jogging, running...
5. Skill instruction for the day
6. Games – All students participate in a wide variety of games, activities and tournaments.

GRADES

Grading Policy

Each day is worth 10 points. 100 points can be earned every ten class days. The student will receive a grade for daily participation every ten days. Points will be added and subtracted based on the student's performance in class.

Grades will be based on the following:

- Participation / Attendance / Dressing Out – 2/3 of your grade
- Skill testing/ Quizzes/ other written assignments – 1/3 of your grade

Grading Scale

A	100-93
A-	92-90
B+	89-88
B	87-83
B-	82-80
C+	79-78
C	77-73
C-	73-70
D+	69-68
D	67-63
D-	62-60
F	59 & below

Test Information

1. Written test or quiz will be given after each unit.

Daily Participation

Daily participation reflects all that is mentioned under a "Typical Day." Students are asked to participate to the best of their ability, be on time, listen to all instructions and dress out.

STUDENTS CANNOT PARTICIPATE IN PHYSICAL ACTIVITIES IF THEY ARE NOT DRESSED OUT!

PLEASE RETURN THIS PAGE

Dear Parent or Gaurdian,

The form below is to inform us of any serious physical or medical ailment your child might have that would limit his/her physical education activities. Please fill out the form and have your student return it to us. If you have any questions, please feel free to contact me at 681-7264.

Thank you,

Dan Ferrigno

1. Student's Name _____

2. Home Phone _____

3. If limited, please explain briefly:

- Reason for limitation:

- How long?

- Is there a doctor note on file at this school regarding this limitation?

YES NO

Please sign below acknowledging you have read the course description and understand the policies.

Parent Signature _____ Date _____

Student Signature _____ Date _____

Excused Absences

Any absence that is excused must be made up within two days after the student returns to school. The student will need to complete a one page article summary to receive their ten points for the day they were absent.

MEDICAL EXCUSES

Parent Notes

1. By state law, a parent may request an excuse for non-participation for up to three consecutive days. A written note from a parent must be turned in to the teacher on day of the excuse.
2. Non-participants will be required to “DRESS OUT” and observe activities with an academic assignment. A student who cannot dress out for PE, is considered to sick to be at school.

Doctor Notes

1. If the illness goes beyond three consecutive days , a note from a physician will be requested. This note will be honored as long as the Doctor designates.
2. Students with a Doctors note will NOT be required to dress out.
3. Daily points may be awarded for completing a special assignment.