

PLYMOUTH HIGH SCHOOL

Physical Education Course Syllabus

Course Name: Co-Ed Physical Education

Teacher Name: Ms. Vinson

Contact Information: **Vinson: (574) 936-2178** Email: cvinson@plymouth.k12.in.us

Room: Girls Locker Room (Auxillary Gym)

School Address: 810 Randolph Dr. Plymouth, IN 46563

** Please check the Ms. Vinson's PE website regularly for current updates and forms.

Vinson- <https://befit2play4life.weebly.com>

Textbook: “

Required Course Materials:

1. Black, Gray or Red unmarked Athletic Shorts – PE department will be available for purchase
2. Black, Gray or Red Athletic Shirt - PE dept. T-shirt – will be available for purchase
3. Athletic Socks
4. Tennis Shoes ** safety concern – students will not be allowed to participate in physical activities without proper athletic tennis shoes**
5. Spiral Notebook – Designated for PE only
6. Master Combination Lock – Must be obtained and issued from Ms. Vinson or athletic department

Course Media:

1. **Supersize me**
2. **990X**
3. **Insanity**

Course Objectives:

- ❖ Students can comprehend concepts related to health promotion and disease prevention.
- ❖ Students can demonstrate the ability to access accurate health information and the ability to practice health-enhancing behaviors and reduce health risks.
- ❖ Students can analyze the influence of culture, media, technology and other factors on health.
- ❖ Students can demonstrate the ability to advocate for personal, family and community health.
- ❖ Students can demonstrate proficiency and the achievement of higher order cognitive skills necessary to enhance motor skills.
- ❖ Students can comprehend basic physical activity principles and concepts that enable them to make decisions, solve problems and to become self-directed lifelong learners who are informed physical activity consumers.
- ❖ Students can exhibit a physically active lifestyle by participating regularly in health-enhancing, challenging, and personally rewarding physical activity.
- ❖ Students can achieve and maintain a health-enhancing level of physical fitness.
- ❖ Students can demonstrate understanding and respect for differences among people in physical activity settings by developing self-initiated behaviors that promote effective personal and social interactions
- ❖ Students can develop behavioral skills (self-management skills) essential to maintaining a physically active lifestyle.

Course Description:

This course will be a combination of Introduction to Physical Education and a basic Health curriculum. In the health portion students will discuss and learn lifetime health topics including, but not limited to, stress, mental health, physical fitness, nutrition, human anatomy and physiology, disease prevention and treatment, and health-related current events. The Introduction to Physical Education portion of the class will focus on teaching the

students the fundamental skills, rules, and requirements of various individual and team sports. Students will participate in fitness activities to promote skill development, sportsmanship, good health and body mechanics, and the value of physical education. Class activities may include, but are not limited to walking, running, calisthenics, flexibility, athletic activities, and weight training.

Grading System:

Full participation is required on a daily basis. 10 points per day will be given for attendance, dressing out, and participation. Your grade will be based on the following:

75% - Participation, Effort and Dressing

- ⤴ Present, prompt, and dressed appropriately.
- ⤴ Actively participating on a daily basis.
- ⤴ A positive attitude.

15% - Technique and Improvement

- ⤴ Physical Assessment Testing
- ⤴ Display proper biomechanics and technique used for various activities

10% - Written

- ⤴ Written Assessments based on learned physical education and health related topics
- ⤴ Maintenance of Spiral Notebook

Grading Scale: 90 – 100% = A; 80 – 89% = B; 70 – 79% = C; 60 – 69% = D; 59% and below = F

Daily Points = 12 Points Per Day

- ⤴ Attendance: 2 Points
- ⤴ Dress Out: 2 Points
- ⤴ Daily Participation: 6 Points
- ⤴ Daily Fitness Log: 2 Points Per Day

Classroom Management Plan:

Absences and Illness:

Excused Absence – loss of 10 points, but can be made up on assigned make-up days or pre-scheduled with Ms. Vinson.

- ⤴ Excused Tardy – no point deduction
- ⤴ Unexcused Absence – loss of 10 points and may not be made up
- ⤴ Unexcused Tardy – loss of 2 points and may not be made up

Lost participation points due to an excused absence must be made up prior to the end of the trimester. Unexcused absences and tardies may not be made up. A physical make up at the discretion of the teacher must be performed to recover excused absence(s). It is the student's responsibility to make arrangements for a make up assignment. If a physical make up cannot be performed, a request from a doctor that the student not be active in class must be submitted to the teacher and an alternative assignment will be offered.

Medical Excuses: To be excused from physical activities due to medical reasons you must provide:

- ⤴ A note from a parent or guardian, including phone number and signature. **You must still dress out** – limit is two days.
- ⤴ If you are ill and cannot participate in class for more than three days, you will need to bring in a doctor's note that indicates the extent of your limitations. An alternative assignment will be offered to earn daily points.

No Dress/ No notebook Policy – if a student chooses not to dress properly or do not have their spiral notebook available for PE will result in a portion of daily points loss.

Students will be expected to follow all school rules and conduct themselves appropriately at all times. No electronic items are allowed to be out during class unless pre-approved by teacher. No food, no drinks, and no gum in the athletic facilities, and dress code will be enforced. See student handbook for reference to student conduct. The Physical Education Department will NOT accept responsibility for lost items. Parents/ Guardians please contact the front office if you need to contact or excuse your student from class.

PLYMOUTH HIGH SCHOOL

STUDENT EXPECTATION PLAN 2013-2014

1. Be on time and be prepared.
2. Respect people and property.
3. Follow directions the first time they are given.
4. Keep your hands, feet, and other objects to yourself.
5. Follow all school rules.

CONSEQUENCES

"If Student Chooses To Break a Rule"

STEPS:

First Offense:	Warning/Conference with student	Document incident
Second Offense:	Notification of Parent/Guardian	Teacher/ Department consequence
Third Offense:	Conference/Meeting with Parent/Guardian	Teacher/ Department consequence
Fourth Offense:	Written referral	Administrator Conference

POSITIVE REWARDS

Praise (Daily)
Positive notes or calls home (Random)
Grade certificate (Quarterly)
Various other positive perks throughout the school year



Please detach and return the bottom portion of this page to your teacher by **Friday, August 16th**.



Please sign, print, date and fill out the contact information below indicating that you have read and understand the course syllabus, expectations, content and policies for Ms. Vinson's Physical Education class. Please provide me with a valid phone number and an email address as they serve as my main methods of communication throughout the school year for students and parents/guardians.

STUDENTS: I have read the student expectation plan and course syllabus and understand it. I will honor it.

Student Signature

Student Name – printed

Date

Student email: _____

PARENTS: My Child has discussed the student expectation plan with me. I understand it and will support it.

Parent/Guardian Signature

Parent/Guardian Name – printed

Date

Parent/Guardian email: _____ Parent/Guardian phone number _____

Thank you for your help and support, Ms. Vinson

Teacher Signature

Date

Locker Number: _____ Combination: _____ Serial Number: _____