

**Physical Education Syllabus  
Capital City Cavaliers  
2022-2023**

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**Course Description**

This course will focus on educating students on the importance of physical fitness, with an emphasis on developing lifelong physical fitness goals and strategies. Students will be asked to focus on both health-related physical fitness components and skill-related physical fitness components. A variety of health-related fitness, skill-related fitness, individual, and team activities will be used to promote the development of lifelong physical fitness and skills.

Class Units: (Not limited to just these listed): Volleyball, Flag Football,, Soccer, Badminton, Wiffle Ball, Speedball, Pickleball, Boater Safety, Ultimate Table Tennis, Basketball

**Class Requirements/Dressing Out**

Proper physical education clothing should be worn each day during physical education class. Students who fail to dress out ARE STILL EXPECTED to participate. If you don't participate, there will be a procedure put in place (walking, no electronics, etc.). Proper physical education clothing includes:

- Gym clothing (t-shirt, gym shorts, sweatshirt, sweatpants)
- Socks
- Athletic shoes
- No sagging shorts, no cut-off shirts or pants with zippers
- No shorts that allow for your buttocks to hang out
- No jewelry

**Important Must Read**

- Gym clothing may not be loaned or borrowed unless from a teacher
- Gym clothing must be in compliance with the student handbook
- Students are responsible for keeping their gym clothing clean

**Locker Room and Locks:**

Students will be assigned to a locker. They must use ONLY their assigned locker and not share any materials with another student. A combination lock will be assigned to each student. It is their responsibility to keep their lockers locked at ALL times.

**Classroom Procedures:**

Students must be in the locker room when the tardy bell rings. Students will have 5 minutes to change into their gym clothes, go to the gym and sit in their assigned squad (seat).

Do not touch any of the PE or Weight equipment until instructed to do so. We will then perform a series of warm-ups and stretches. We will then perform the activity of the day. In the last 10 min of class, the instructor will dismiss the students back to the locker room to change into their regular school clothes. Students will then stay in the locker room until the bell rings.

**Attendance**

Students are expected to be in class and on time every day. Excessive absences could result in the failure of the physical education course. All absences need to be cleared through the office. Students who miss class for an excused absence will receive daily points as long as they can prove it is excused through the school. Students who miss class for an unexcused will be given the opportunity to make up their ten points by completing a one page double spaced article review on any article relating to physical education. It is your responsibility to make up these points. I will not chase you down. You know if you were in class or not. Articles will be due the day after you return to school. Article assignments are located in each locker room, if not please ask your teacher.

**Grading**

Students will be given the opportunity to earn ten points for each day that physical education class is in session. Five points will be awarded for showing up to class on time and dressing out in appropriate physical education attire. Another five points will be awarded for following class rules, showing a willingness to learn, participating and giving effort during all class activities, and for utilizing good teamwork while working with other students in the class. Items listed under the assessment section below will also weigh into the final grade. Points for each assessment will vary.

**Graded are based on: Participation 85% Skills/Written Test 5% Final Exam 10%**

**Point Breakdown**

- Daily Points 10 points per day
- No dress Minus 5 daily points each no dress
- Unexcused absence Minus 10 daily points
- Behavior (poor attitude, no effort, refusal to participate) Minus 10 daily points
- Tardiness Minus 5 daily points

If you have an unexcused absence or are assigned ISS you will be required to write a one-page report on any sports to redeem the 10 points

### **Assessment**

Assessment strategies used to evaluate each student's level of mastery of the Show-Me Standards include, but are not limited to active skill tests and written quizzes.

### **Expectations**

Be Responsible

Be Respectful

Be Safe

Do Your Best

### **Responsibilities**

- Be on time and properly dress out for each physical education class
- Do your best
- Never leave the locker room without being dismissed
- Absolutely no jewelry can be worn during physical education class
- No cell phones or electronic devices are allowed in physical education class
- No horseplay at any time in locker room, gymnasium or outside
- No food or drink other than water is allowed during physical education class.

### **Medical Excuses**

A majority of the physical education grade is based on participation and dressing out. If you have a physical ailment or are physically unable to participate in class, a doctor's note must be presented and you will have the opportunity to make up the points for that given day. If you are here, then you are expected to participate. I will NOT accept notes from your parents or guardian. I am more than willing to work with you and any issue that you may have, but that requires open lines of respectful communication.

### **Doctor Note Requirements:**

- The physician's instructions must state as to the amount of activity that is permitted and the duration of limitation.
- The physician's instructions must also state the date in which the student can resume activity.

### **Additional Requirements:**

- Students are to report any injury to the instructor immediately when the injury occurs.
- Students will also need to report to the instructor any physical problems that he/she may have prior to the class.

Any prolonged or frequent excused limitations will require the student to request make-up work so their grades will not be adversely affected. The ONLY excuse that is accepted is a note from the doctor. **YOU MUST STILL DRESS OUT EVEN IF YOU HAVE A NOTE.**