

Physical Education Department Syllabus 2021- 2022

Palm Harbor University High School

Teachers / Courses / Contact info:

Coach Hilbert: Hilbertt@pcsb.org ext. 1431 (Office Hours - 7th period and after school)

1. **Weight Training:** The purpose of this course is to provide students with opportunities to acquire basic knowledge and skills in weight training that may be used in physical fitness pursuits today as well as in later life, improve muscular strength and endurance, and enhance body image.
2. **Volleyball:** The purpose of this course is to enable students to acquire basic knowledge and skills in volleyball and to maintain or improve health-related fitness.

Coach Stiehler: Stiehlerr@pcsb.org ext. 2316 (Office Hours - 3rd period and after school)

1. **Team Sports:** The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of team sports play, develop skills in selected team sports, and maintain and/or improve their personal fitness.
2. **Individual and Dual Sports:** The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of individual and dual sports play, develop skills in selected individual and dual sports, and maintain and/or improve their personal fitness.

Coach TBD: ext. 1431 (Office Hours - 4th Period and after school)

1. **Basketball:** The purpose of this course is to provide students with opportunities to acquire knowledge and skills in basketball that may be used in recreational pursuits today as well as in later life, and to maintain and/or improve their personal fitness.
2. **Weight Training:** The purpose of this course is to provide students with opportunities to acquire basic knowledge and skills in weight training that may be used in physical fitness pursuits today as well as in later life, improve muscular strength and endurance, and enhance body image.
3. **Recreational Activities:** The purpose of this course is to provide students with opportunities to acquire knowledge and skills in a variety of recreational activities that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness.

Grading:

Students are assessed on a 9 weeks Quarterly basis for grades and discipline. **If a student does not participate regularly, he/she may fail the quarter.** The grading policy for all Physical Education courses is:

25% = Participation (Includes punctual attendance, dressing out, and activity)

25% = Fitness Improvement (Measured by the district required FitnessGram test)

25% = Written Knowledge (Including writing assignments, quizzes, and tests)

25% = Skill Development (Measured by student improvement in course specific skills)

EOC and Final Exams: Final exams are worth 25% of your final grade for the semester.

FitnessGram Assessment (required by the district): All Physical Education classes will take part in the county required FitnessGram battery of fitness tests at the beginning and end of each semester. The test consists of: Sit-ups, Push-ups, Sit & Reach, Trunk Lift, Pacer, Height and Weight. The tests are designed to meet the five Health Related Components of Fitness: Cardiorespiratory Fitness, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. This satisfies the county evaluation of all students in Physical Education classes. Other tests may be used also.

Academic Honesty and Integrity: It is the expectation of PHUHS and the Physical Education Department that all students complete their assignments with Academic Honesty and Integrity. On all written assignments and assessments, a student's work should be reflective only of their own ideas and research. Any assignments that violate this expectation will receive a zero, and a parent will be notified.

Additional Support: Any student seeking additional support should schedule time with their teacher.

Absences: If a student has excessive absences (more than 5), make up work may be required to receive credit. It is the student's responsibility to ask the teacher for missed assignments.

When a student is absent, the following is required:

Excuses: A **Parent's note** or **Doctor's note** may excuse a student from participation but must be dated. A parent note will excuse a student for 3 days, after that a doctor's note will be required. Make up work may be required.

Materials and Supplies:

Locks and Lockers: Every student has access to, and is expected to make use of, a locker. Locks can be rented from the PE department (\$1 for the semester). **Students are not permitted to bring their own locks.**

Dressing out: While there is no PE uniform at PHUHS, it is the expectation of the PE department that all students dress appropriately for class. This includes athletic shorts or pants, a t-shirt, and sneakers. Students will lose participation points for failure to dress appropriately or may be held out of class completely if their clothing creates a safety issue (e.g. slides).

Electronic Policy: It is the expectation of the PE department that students will leave their electronic devices safely secured in their locker during class **unless specifically told otherwise by their teacher.**

If a student does not have access to an electronic device at school or at home they should speak to their teacher to make other arrangements (iPad, hard copies).

Supplemental Readings: Any supplemental readings for written assignments will be provided by the teacher, or available in the media center.

Notebooks: Some teachers may require notebooks for written assignments.

Classroom Rules, Procedures and Expectations:

Classroom Rules: All students are expected to follow the Student Code of Conduct as well as follow a few PE department rules. Raise the BAR.

1. **Be safe** - Follow instructions and only use equipment appropriately and only when directed by a teacher. If an injury occurs, notify the teacher immediately.
2. **Accountability** - Act responsibly and own your behavior.
3. **Respect** - your classmates, instructors, and the school's facilities.

Discipline: A Student whose behavior interferes with their (or others) participation in the planned activity may lose participation points for that period, along with disciplinary action. If a student fails to follow our classroom rules and procedures, the following steps occur:

1. 1st Offense: Verbal Warning
2. 2nd Offense: Verbal warning and an alternate activity may be given.
3. 3rd Offense: Removal from activity and a parent phone call home.
4. 4th Offense: Discipline referral to administration.

Tardy Policy: Students will be lined up in the gym with their class for attendance when the bell rings. After attendance is taken students will be sent to the locker room to dress, and then proceed to their class activity. **A student who misses second attendance will be marked absent.**

Turning in Work: All hard copies of assignments will be collected by the teacher at the end of class. The student's name and period should be in the upper right corner.

Passes to leave class: No student is to leave class without a pass from their teacher.

Physical Education Policy Sheet Return Form

Parents' Response: Please list below any medical or physical problems your child may have that would affect his/her ability to participate in any way. Long term issues must be accompanied with a doctor's note or be documented in the student's file. Please sign and detach the form below and return to the teacher. Contact your teacher if you have any additional questions.

I have read the course syllabus and understand what is required of me as a responsible student.

Teacher's Name: _____ Subject: _____ Class Period: _____

Print Student Name: _____ Student's Signature: _____

Medical/Physical Problem:

My student and I have reviewed and understood the course syllabus.

Parent's/Guardian's Name: (Print) _____ Signature: _____

Email address: _____ Phone number: () _____ - _____