

Physical Education Syllabus

INSTRUCTOR

H. Scott
313-982-6200 X2902
hscott@hfa-dearborn.org

OFFICE HOURS

Before school & 5th
block

Hello, I am Heather Scott and I will be your physical education teacher. I received my degree from Western Michigan University. I have taught for 18 years and look forward to another wonderful year.

Overview

Physical Education is an essential part of the total education of every student. This is a class all students will need to pass in order to graduate. In this class students will obtain the knowledge and skills needed to lead healthy and active lifestyles including elements of physical fitness, various team sports and individual sports.

Materials

You will need to have the following materials for this class by the first day of participation. You should bring these items or leave them in your locker everyday.

1. Dress Code Uniform PE T-shirt that you need to purchase from Ms. Scott.
2. Black Bottoms Only- shorts (finger length), sweat pants, or any type of athletic bottoms
3. Gym/athletic shoes.

Class Participation

- In order to pass this class you must participate! As long as you try any of the activities we are doing in class you will get the points needed to pass.
- Grading- "0": 2.5 or "5" points per day.
 - If you dress in your PE uniform and participate the entire class period you will get your 5 points for the day.
 - If you dress and do minimal work you will receive half credit 2.5
 - If you are not dressed in the appropriate uniform, off task, standing around talking etc. you will get a "0" for the day.

Class Procedures

Go directly from class to the locker rooms. Show your badge to and from the locker rooms to security. They should not have to ask you to see it. You must have a badge! You will have 15 minutes to change and get out to the field in front of the clock towers ready to go. **DO NOT GO INTO THE**

MICHIGAN CAFÉ or USE ANY VENDING MACHINES DURING SCHOOL HOURS!

- Do not cut through the museum for any reason!
- Keep your voices low at all times!

Illnesses: If you have any type of illness or injury I need to know ASAP! If you have asthma I must have a note from a doctor explaining what needs to happen if you had an attack.

Changing Clothes Always have your (uniform) PE clothes to change into everyday even half days! You can keep them in your locker. You may only use the bottom row of lockers in the locker room. Make sure you lock your locker. Things get stolen!

Absences

If you want the 5 points for PE you must bring a note to me from your parent or guardian excusing you the day you return. If you do not have a note you will receive a "0" for the day. The absence must have a valid reason for missing class (Dr. apt, dentist etc.). This is a participation class; you must be here to participate!

Tardies

Tardies will not be accepted!! If you are tardy you will have to run double. That means on the field and ready to go.

Leaving Class

Do not ask to leave class if we are in the middle of a workout or outside. Take care of all needs before coming outside.

Class Rules

- *Show respect for everyone
- *Be prepared for class
- *Clean up & put away equipment
- *Follow Directions
- *Raise your hand & wait to be called on

Class Outline

Physical Education- Flag Football, Ultimate Frisbee, Soccer, Whiffleball, Kickball, Golf, and possibly fitness testing

*This is a very important class!! Not only do you have to take it to graduate you will also learn the tools needed to live a long, healthy, and active life!

PE grading Scale:

100+ = A+ 67-69= D+
93-99= A 63-66= D
90-92= A- 60-62= D-
87-89= B+ 59-0= F
83-86= B
80-82= B-
77-79= C+
73-76= C
70-72= C-

PE Percentages:

Participation- 90% Tests- 10%

Parent Signature _____

Student Signature _____

Date _____