**Physical Education Syllabus**

2017-2018

**Instructor**: Stephen Martinez

**Email:** Stephen\_martinez@houmachristianschool.com

**Supplies**

1. Houma Christian P.E. uniform.
2. Shoes can be regular tennis shoes. No shoes should be neon or any ridiculous colors.

**Goals**

This class will demonstrate knowledge of health, physical education and wellness. It is my hope that the students will be motivated from a variety of activities to increase participation.

**Grades**

Physical Education will have 3 grades:

1. Participation- students are expected to participate in every activity. To be excused from an activity the student must have a written note, no exceptions.
2. Dressing out- students will be graded on dressing out in their P.E. uniform daily. If a student has one part of the uniform and not the other, points will be deducted. If the students do not have any part of the uniform they will receive a “0” for the day. Students who do not dress out may still participate in order to earn their participation points.
3. Midterm and final physical fitness test- this will be a test of students’ progress. This progress will be determined by the student’s ability at the beginning of the semester to the time of the test.

Grading scale:

100 – 93: A

92 – 85: B

84 – 75: C

74 – 67: D

66 & below: F

**Rules & Procedures**

**Rules:**

1. Students are expected to be respectful of the rights of others. (Give respect to gain it)
2. Follow directions the first time they are given.
3. Students are expected to participate and dress-out every day. Dressing out and participation are essential to the grading process, so come prepared.
4. Make smart choices. P.E. is an activity based class and requires all students to be smart in order for the safest environment.
5. Respect equipment and school property.

\*Consequences for unwise choices include warnings, loss of privileges, punish-work, after-school detention, and office referrals. Please do not make me do something I do not want to do. Listen and do what is asked of you and we will have a great year.

**Procedures:**

1. **Entering the gym**:
2. Immediately entering the gym students will go into the dressing rooms to change into the proper attire.
3. Once dressed out the students will sit on their assigned spot on the floor.
4. **Classroom Protocols**: We will be organized, efficient, and on task. In order to do so:
5. Students will raise their hand before speaking if we are not doing an activity. Be quiet while others are talking. If we are in the middle of an activity the student should come up to me and ask me, no need for a raised hand in that situation.
6. When I call for your attention, you must stop what you are doing, face me, and be ready to listen.
7. **Dismissal**:
8. Time will be given to dress out and wait for the bell.
9. At the sound of the bell, remain seated until the teacher dismisses the class. Do not get up and leave until told to do so.

**Course Outline**

We will cover a variety of activities. Some of these will include kickball, cabbage ball, volleyball, football, obstacle course, basketball, etc. Each of these activities will take two weeks more or less.

Physical Education Syllabus

Mr. Stephen Martinez

Please read this course syllabus carefully, and if you have any questions or comments, please contact me.

This slip must be signed and returned to school.

I have read and understand the above course syllabus.

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Parent Signature Date

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Student Signature Date