

Wilson K-8 Middle School Physical Education Syllabus

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Required Materials

A purchased school uniform with name printed on it, athletic shoes, and a WATER BOTTLE. We highly recommend sunscreen, hats and sunglasses.

Class Conduct

- Refer to the *Student Code of Conduct* for additional requirements relating to student behavior.
- Students creating disturbances that interfere with the conduct of the class or the learning of others, violations of the *Student Code of Conduct*, will be referred to the principal.
- Disruptive behavior will not be tolerated and can be cause for being dropped from the class. Disruptive behavior is defined as behavior that is disruptive to the learning process and outside normal behavior parameters. See the *Student Code of Conduct* for particulars, but examples of disruptive behavior are inappropriate talking (**this includes texting and talking on cell phones and using other electronics in class**), arriving late or leaving early, sleeping or doing other class work in class, etc.

Class Preparation and Policies

- Be on time, dressed out and ready to participate 100% each day we meet for class.
- Bring appropriate supplies to participate fully.
- Demonstrate superior attitude, teamwork and leadership.
- Display proper conduct and safe workout techniques AT ALL TIMES.
- Bring a water bottle to EVERY SECTION OF CLASS-FULL!
- Have fun!

Absences

Since attendance in class is important, Physical Education students are given the opportunity to make up an absence for **excused absences only** (this includes appointments, going to the nurse's office, sports events, any reason they are not in class that is excused).

1. Please be sure to pick up a **Physical Activity Make-Up Report Form** from your teacher, the bottom of this page, or on your PE teacher's website.
2. Be sure to return the form to your teacher within one week of returning from the absence for any credit. No credit or only partial credit may be given if a form is turned in late.
3. If a student is recovering from illness/injury, please send a parent-signed note from home. Students must be prepared to change but will receive a modified individually based activity depending on the illness/injury. More than two days requires a physician's note/the school nurse's recommendation to still be considered excused.

Locker Room

- Use sports lockers only when assigned during sport season.
- Dress at your locker or shower stall--not in the bathroom stalls.
- Long lockers can only be used for in season sports.
- Keep your own locker throughout the year and do not share your combo.

Uniforms

- Students must have appropriate footwear for safety purposes
- The issued uniform must be kept in good condition. **Do not** tear, alter, or draw on them (name for identification is an exception). Sweats/active winter wear can be worn as long as a PE shirt is still worn and they are only used for PE class (are not their "school clothes").

- If you forget or lose your uniform, you may turn in collateral to borrow a clean “loaner” uniform. **“Loaners”** may be only used 3 times during each quarter. After 3 times, you may not borrow a uniform. You are responsible for replacing your uniform if it is lost, stolen, or destroyed.

Safety

For safety reasons you should **never**:

- Use aerosol sprays indoors
- Have cologne or perfumes in glass containers.
- Play or rough house in Locker rooms.
- Share brushes and makeup.
- Touch equipment until instructed to do so (especially due to COVID).
- Use equipment as a weapon.
- Wear jewelry.
- Have shoes untied.
- Please be mindful of your aerobic capabilities if choosing to wear a face mask

Students who are violating safety rules MAY be removed from activity and/or the space. Alternative activities may be assigned to reduce interruption to class/concerns of safety for the student and/or others. **You do not have to be the fastest, the most skilled, or the strongest to do well in class. Just do your best and you will succeed.**

Grading Procedures and Policy

The following aspects of class will reflect your grade:

- *Being on time and dressed for activity.*
- *Following directions and safety protocols.*
- *Participating to the point of exertion.*
- *Being respectful to all individuals and equipment.*
- *Assignments related to fitness/nutrition/sports.*
- *Grade on final exam if applicable.*
- *Your ability to put into practical use the information learned in class.*

A student’s grade will be based on a **cumulative point system** for each grading period. Students will receive 10 points for each day of class. Some days are worth more than others due to additional points from skill tests, unit exams, quizzes, and written assignments or extra credit.

Examples of how students may lose points:

- Unexcused tardy to class -2 pt
- Not participating in class -10 pts
- Inappropriate behavior -2 to -10 pts.
- Failure to follow safety rules -2 to -10 pts.

It is possible for a student to lose more than 10 points per day. Students are also given the opportunity to gain more than 10 points per day by earning extra-credit points. Extra credit is only available to those students in good standing (participating/turning in assignments).

Sports Conditioning Note: SC is a part of the PE department. Grading for this course is 5 points per week based on the department guidelines. They have more project/skills based assignments that influence their grade more than participation.

Students are responsible for their grades. Not only do they earn them, but they are responsible to monitor them and be the **first contact if there are any concerns regarding their grade or course content**. Student and teacher communication is key for a successful term.

Caveats

The instructor reserves the right to make changes to the syllabus and will notify students of those changes in class. The PE department will follow current District grading policies.**

**Wilson K-8 Middle School Physical Education
Physical Activity Make-Up
Report Form**

- Did you know that adolescents need 60 minutes of moderate to vigorous physical activity 5 or more days a week? Yes, that is why physical education at Wilson is an important class that contributes towards helping you reach this weekly goal.
- To make-up your absence, please choose a favorite physical activity to perform moderately or vigorously for 30 minutes or more for each absence. One form may be used for multiple days. After you are done, fill out this form and have your parent/guardian sign it, and return this to your teacher.
- Have fun!!

Physical Education Make-Up Report Form

Must be turned in within one week of the last day of that absence

Student Name:

Class Period:

Date of Absence:

Number of Minutes:

Activity selected:

Where did you do it:

Was activity Moderate or Vigorous? Why?

Why I picked this activity:

How does this activity relate to our current unit?

Parent/Guardian Signature _____