

# Mr. Kessel's P.E. Classroom Syllabus

**Purpose** – The purpose of the course is to develop competence in:

1. A variety of motor skills and movement patterns.
2. Knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. The knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibiting responsible personal and social behavior that respects self and others.
5. Recognizing the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Dress Code** – Clothes that are worn in P.E. should adhere to the school dress code and following guidelines:

1. **Tops** –
  - a. Houck P.E. shirt or a **PLAIN** black, grey, or white t-shirt.
  - b. Sweatshirts are allowed with the proper shirt underneath.
2. **Bottoms** –
  - a. Must allow freedom of movement (athletic shorts/pants).
  - b. Stretch Material (cotton, cotton blend, or nylon) with elastic waist (no jeans or button fly).
3. **Shoes** –
  - a. Must be an athletic shoe that laces properly.
  - b. No boots, open toed shoes, toms, bobs, slides, heels, or flats.
  - c. Separate pair for P.E. is recommended but not required.
4. **Non-Dress** –
  - a. Every student will dress down in P.E. clothes everyday unless instructed by the teacher or a note from a doctor. If a student is well enough to attend school, he/she is well enough to give their best effort in P.E. class. **STUDENTS MAY NOT BORROW CLOTHES, TOWELS, OR SHOES FROM OTHER STUDENTS.**
  - b. Policy for No Dress
    - i. First offense – Teacher/Student conference
    - ii. Second offense – verbal warning
    - iii. Third offense – verbal warning and call home
    - iv. Fourth offense – lunch detention
    - v. Fifth offense – referral
    - vi. Sixth offense – further administrative discipline
  - c. School clothes are not to be worn as P.E. clothes.

**Doctor's Notes** – If a doctor's note indicates that the student can participate on a limited basis, the student would be required to dress down. If the doctor's note completely excuses the student from participation, the student will be given an alternate assignment (journal entry, article report, current events in sports, Health/Fitness regime, history or the unit, etc...). This is strictly for a participation grade. If the student is participating in class (active or non-active) they will still have an opportunity to earn an "A" in the class. Those with asthma or other physical disabilities can be active in the class but may need an inhaler or other assistance that must be documented through the school nurse.

**Entering Locker Room** – Students should walk into the locker in a calm and controlled manner. Food, drink (except water), and gum are not permitted in the locker room, gym, or any other activity area. Food brought into

the locker room will be taken and disposed of. Students are expected to be inside the locker room before the bell rings or they will be marked tardy. After the bell rings, the students will have 5 minutes to dress down then will all exit at the same time.

**HARASSMENT AND/OR THREATENING (SEXUAL, VERBAL, AND/OR PHYSICAL) OF ANY TYPE WILL NOT BE TOLERATED. ANY SUCH BEHAVIOR WILL BE REPORTED AND BE DEALT WITH ACCORDINGLY.**

**Absences** – When a student is absent, they will receive a zero (0) for that day. Students may earn back participation points for excused absences and extended absences due to illness. Students are responsible for all tests and material covered during the absence. Make up work is due within 7 days of the student’s return (accommodations will be made for specific situations).

**Make-Up Work** – It is the student’s responsibility to get the make-up work from the teacher. Students must get make-up work for **EACH** absence. There will be a variety of make-up opportunities for certain situations and units.

**Equipment** – Students are not permitted to touch any of the P.E. equipment unless directed to do so by the teacher. Students will be given specific instructions for picking up and/or returning the equipment used during the class period. Any student using equipment in an unsafe and/or inappropriate manner will be removed from the activity.

**Electronic Devices** – Electronic devices (cell phones, iPods, iPads, etc...) are not permitted in the locker room, restroom, field, gym, or any other activity areas – regardless if they are in use or not. If electronic devices are detected, they will be confiscated and may be picked up in the office after school.

**Consequences during class** –

***Warning #1*** – Teacher conference.

***Warning #2*** – Student removal from activity.

***Warning #3*** – Removal from the class and further disciplinary action.

**Grading Policy** – The students will have the opportunity to earn 10 points per day. These points are earned through the combination of participation, skill demonstration, attendance, and preparation for the class. If students are in class, prepared for class, and are participating, they will earn the full amount of daily points. Students will also have some in and out of class assessments/assignments to complete as a part of their grade.

1. Attendance, Participation, and Preparation – **70%**
2. Social Responsibility, Effort, and Behavior – **15%**
3. Assessments (written and/or fitness tests) – **15%**

**Student Behavior Agreement**

I have read and understand the rules, procedures, and policies above. I understand what is expected of me during my Physical Education class. I agree to follow all rules and procedures described above and I am fully aware of the steps that will be taken if or when I break this agreement.

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**Student name** \_\_\_\_\_ **Date** \_\_\_\_\_

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**Parent Signature** \_\_\_\_\_ **Date** \_\_\_\_\_