

## JACOBS HIGH SCHOOL

### PHYSICAL EDUCATION SYLLABUS 2012-2013

**Goal:** Students will learn the steps that need to be taken to live a healthy lifestyle. Through physical fitness and team building activities, students will develop the skills necessary in order to continue to maintain active lifestyles outside of high school.

**Objectives:** At the conclusion of the course, the students will be able to:

- Develop their physical abilities as well as their abilities to work with other students in a group atmosphere.
- Work with one another in achieving a common goal.
- Understand what it takes to keep the body physically fit.
- Demonstrate cognitive knowledge of team and individual physical activity.

**Expectations:** Students are expected to participate in class every day. The following criteria are necessary in order to succeed in P.E. class:

1. Students must be dressed in full District 300 issued uniform (shirt and shorts) with shoes and socks to receive daily credit.
2. Students are required to use a school-issued lock that can be purchased with your uniform at school.
3. Do not share your locker!
4. Listen to and follow all directions.
5. Electronic devices (i.e., cell phone, iPods, MP3 players) are not allowed in P.E.
6. DO NOT BRING VALUABLE ITEMS TO P.E. JACOBS HIGH SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS!
7. Follow Eagle Pride Expectations: Be Respectful, Be Responsible, Be Ready.
8. No food or drink in class.
9. No jewelry should be worn that may cause harm to yourself or other students during physical activities.
10. Follow all Jacobs High School Student Handbook policies.

**“No dresses” and Absences:**

- Excused Absences and “no dresses” must be physically made up for points to be reinstated. Exceptions include: School sponsored activities and college visits with documentation. School policy takes effect for class cuts/suspensions. Choosing not to participate in class is considered unexcused and cannot be made up.

**Physical Make-up Options:**

- Students may use their Advisory period to participate in the “Fitness Walking/Modified P.E.” class. Students will be required to walk 1 ½ miles in 25 minutes. This must be pre-arranged with the student’s regular teacher and notice given to the Modified P.E. teacher that class period. Space availability will be limited, so students will participate on a first come, first served basis.
- After school Make-ups: This option will be available every Tuesday. Students must dress, meet outside the P.E. office at 3:05 p.m. and be ready to complete their make-up.

**Medically Excused from Physical Participation:**

- Doctor’s notes and parent notes to excuse a student from participation in P.E. must be submitted to the nurse’s office. The nurse will prepare a note for the student to present to the classroom teacher. Report all injuries to the P.E. teacher and nurse.
- If a student presents a parent note or note from the nurse, he/she will be excused from participation for the day and will be required to complete a physical make-up (see above).

- If a student presents a Dr.'s note, that student is still required to satisfactorily complete one or more of the following options:
  - A) **Fitness Walking:** This will primarily be used for short term, day-to-day medicals. Students will be required to walk 1 ½ miles in 25 minutes. Students who are physically unable to complete this task will be assigned option **B** or **C** below.
  - B) **Written Assignments:** Examples include sports packets, power points, article summaries, Web Lessons, etc.
  - C) **Modified P.E.:** This applies to long-term medical students who need individualized plans designed to meet their specific needs. Placement in Modified P.E. will require a doctor's note, parent and student signatures, administrator approval and teacher notification.
- ❖ **ALL medical work has expectations, deadlines, and grades. The points earned for these assignments will be calculated into the student's final grade.**

**Cuts, Tardies & Suspensions:**

- Cuts CANNOT be made up.
- Students tardy to the locker room/gym (depending on the class period) when the bell rings at the end of the passing period will receive a school tardy from a hallway monitor or a dean.
- Suspensions CAN be made up for partial credit as determined by school policy.

**Evaluation:** Students will be graded on points earned for attendance/dress/participation, attitude/behavior, and skills/fitness tests. Grades will be updated on a regular basis.

- Ten points are awarded for each day of class.
- 85% of your grade is based on your daily attendance, dressing in complete uniform and participating to the best of your ability in daily activities.
- 15% of your grade is based on fitness tests.
- District 300 grading scale:
  - A = 90-100
  - B = 80-89
  - C = 70-79
  - D = 60-69
  - F = 59 and below

**Contact Information:**

**Teacher Name:** Mrs. Brannan **Office Hours/Conference Period(s):** 2<sup>nd</sup> and 5<sup>th</sup>

**Website:** www.brannanhealthandpe.weebly.com

**Office Phone:** (847) 532-6168 **District Email:** amy.brannan@d300.org

\*\*\*\*\***(CUT HERE)**\*\*\*\*\*

**Please sign and return this bottom portion by Friday, August 24<sup>th</sup>, 2012.**

**I have read and understand the above requirements for this class.**

**Student Signature:** \_\_\_\_\_ **Period:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Phone and Email:**  
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