

Physical Education  
Course Syllabus 2015-16

Instructors: Dena Frye, Kristen Williams, Allen Platt and Greg Prose

Office: Gym

Phone: (352) 797-7075 ext.228

Description: Enable students to experience a wide variety of skills, movement exercises, physical fitness activities, and lifetime recreational sports. Physical Education promotes a more positive attitude and leads to a healthier, active lifestyle.

Goals:

1. To educate and involve students in understanding the importance of exercise and fitness development, and its relationship to one's overall self-concept.
2. To contribute to the total growth and development of the child through a variety of movement exercises and physical activities based upon each student's ability and adaptable to each student's needs.
3. To provide an opportunity for students to experience activities that will contribute to the development of a healthy and active lifestyle.
4. To provide content knowledge and skill development in appropriate grade level activities.

Discipline Policy/PBS: (POSTED IN THE GYM AND LOCKER ROOMS)

**First offense:** Discipline warning notice (student must dress out, but is NOT allowed to participate until notice is signed by a parent/ guardian and returned) PBS tracking form

**Second offense:** PBS tracking form, parent contact

**Third offense:** PBS tracking form, 3 days P.E. detention (Student must dress out and detention is served during class. Detention notice must be signed by parent/guardian and returned before participation resumes), guidance referral

**Fourth offense:** Office referral

The above steps also apply to gum/candy, food and drink.

All electronic equipment must be securely locked up in the locker room during class. This includes cell phones, ipods, cameras, etc. Refer to your student handbook for steps and procedures regarding this policy. Do **NOT** bring anything out of the locker room with you.

Teacher/Administration are **NOT** responsible for lost or stolen items. Please secure **ALL** belongings.

Requirements:

All students will dress out in P.E. uniforms and tennis shoes. (Rubber soles with laces/Velcro, nothing higher than a high top basketball shoe). **NO** Boat shoes. Students' name should be visible on the back of their shirt and front leg of their shorts. No other writing/graffiti allowed. Do **NOT** alter your P.E. uniforms. No rips, holes, tears, etc.. Students must participate in ALL physical activities as determined by the instructor. **A note from a parent/guardian is required if student cannot participate due to illness/injury.** Student must still dress out, but will be excused from participating. After 3 days, a Dr's note is required. We do NOT loan uniforms. Students are responsible for keeping up with their belongings and making sure they are locked up during class. Please make sure that your son/daughter has appropriate P.E. shoes and socks. We strongly recommend students keep an extra pair of shoes and socks in their locker.

**Uniforms are available at Parrott Middle School for \$20 per set or \$10 each piece. Larger sizes are \$1 extra per piece. Locker rental is \$5.**

Grading:

Grades will be based on active participation in P.E. activities **and** dressing out in the appropriate uniform.

Failure to dress out completely in a Parrott P.E. uniform, **tennis shoes only** with laces/Velcro (no deck/boat shoes) will result in the student receiving two zeros for the day. They make up one zero by writing The Motivator entitled "The Importance of Dressing Out" or by completing FSA related questions. Everyone starts out with a 100/A. Each zero deducts 5 points from the student's grade.

Students will be able to sign up for various activities throughout the syllabus. The following units could be taught throughout the year:

Shuffleboard, Dodgeball, Gatorball, Capture The Flag, Flag Football, Ladderball, Physical Fitness testing, 4 square, Soccer, Corn Hole, Capture The Ball, Kickball, Volleyball, Basketball, Tetherball, Mile, Tag Games, Etc.

During the winter months, students are still required to dress out but they may wear sweatshirts and sweatpants/windpants over their P.E. uniform. If you have any questions, please feel free to give us a call.

Thank you,

Dena Frye, Kristen Williams, Allen Platt, Greg Prose

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If your son/daughter has any medical condition(s) that may prohibit him/her from participating in P.E. please describe:

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Please sign and return indicating your understanding of the above expectations and procedures.

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Parent Name printed

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Parent Signature

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Student Name printed

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Student Signature

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Parents daytime phone

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Parents evening phone

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P.E. Teacher

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P.E. Period

\*Waivers are available upon request for any student who wishes to drop P.E.

