

# Lynn English High Course Syllabus

## Physical Education

Instructor: Ms. Joyce, Mr. Newton, Mr. King, Mr. Kurkul

Course Title: Physical Education

Course Number: LY761

Credits: 2.5

Text: None

Course Outline:

Games/Activities Covered	Kickball, Volleyball, Dodgeball, Survivor, Soccer, Basketball, Walking, Jogging, Fitness Room 9 <sup>th</sup> Graders Tested Two (2) Times a Year 1 <sup>st</sup> and 2 <sup>nd</sup> quarter 3 <sup>rd</sup> and 4 <sup>th</sup> quarter Students will be tested on their Plank
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### **Classroom Expectations/Polices**

#### **Items Needed for Physical Education**

- 1) Sneakers. Shoes are not allowed in the gym.
- 2) Shorts/Sweats. **You cannot wear your jeans to gym.** You must have a change of clothes.
- 3) A T-Shirt or a gym shirt. **Again, you must have a change of clothes for gym.**

#### **Items NOT Needed/Wanted nor Allowed**

#### 1) **NO CELL PHONES**

- 2) Electronic devices, i.e. headphones, , PSPs, etc
- 3 ) Food, drinks, gum, etc.

#### **General Physical Education Procedures**

1. **All students will participate in gym. If you are not dressed, you will walk. No sitting!!! If you refuse to do so, you will be sent to your VP.**
2. Get changed quickly and quietly.
3. Check in with me for attendance and wait until we all move upstairs together to the gym.
4. Walk or run around the gym for warm up.
5. At whistle blow line up for stretches / exercises.
6. Listen for day's activity / instructions.
7. Organize and participate in activity.
8. Put away equipment at the final whistle
9. Get changed and ready for next class, but do not leave until instructed to do so.

## General Gym Rules

- No entering the gym without permission
- No leaving the gym without permission
- No sitting in gym, If you did not change you **MUST WALK** on the outer edge of the gym
- **Participation is Mandatory! If you Refuse to participate your grade will reflect this.**
- Be respectful of other's abilities
- Play fair and have fun!

## Fitness Room Rules

- No entering the Fitness Room without permission
- Must be **actively working out** in the fitness Room-  
🏃 If you are **NOT** actively working out - **YOU** will be asked to return to the gym

## Concerning Academia

- 1) **Ms. Joyce's** night back is officially on Wednesday. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back in the Gym Office.
- 2) **Mr. Newton's** night back is officially on Mondays. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back in the Gym Office.
- 3) **Mr. Kurkul** night back is officially on Tuesday. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back in the Gym Office.
- 4) **Mr. King's** night back is officially on Mondays. I can often stay other nights as long as you tell me in advance that you're coming back for help. My room for my night back in the Gym Office.

## Grading Policy

The grade is based on attendance, **Changing** for gym and **Active Participation**.

- **Participation**      **60%**
- **Changing**          **30% (Five (5) 0's is an Automatic F)**
- **Sportsmanship**    **10%**

A 0 will be given for not changing for gym (and thereby not participating). Once seven (5) 0's are reached, your grade becomes an F for the quarter.

**Changing, but not participating, will result in receiving a lower score for the day.**