

Physical Education Syllabus
Cozad High School

Instructor: Mr. Cargill
Room: Weight Room/Gym

Course Description: This course is designed for freshmen level students and will be attended for one year to meet the requirements of Cozad Community Schools for Physical Education. The course will offer a variety of activities that will help students enhance their cardiovascular fitness, muscular strength and endurance, flexibility, as well as overall self-confidence and wellness. The emphasis of this course will be founded on the Physical Best and SPARK Activity Program series which incorporates sport specific, lifetime fitness, and health fitness related activities. At the completion of the course students will be able to make educated decisions regarding daily activities, recreational participation, and nutrition. They will also have a basic understanding of health as it relates to the human body.

Course Work: Will consist of daily participation in activities, physical testing, knowledge based tests on activities, and reports on fitness related materials.

Activities: (This is an example of activities and will not be limited to the following)

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| 1. Physical fitness testing | 8. Badminton | 15. Core/Flexibility Training |
| 2. Cardiovascular activities | 9. Health/Nutrition | 16. Table Tennis |
| 3. Circuit/Weight Training | 10. Pickle ball | 17. Archery |
| 4. Ultimate Frisbee | 11. Softball | 18. Volleyball |
| 5. Flag Football | 12. Wiffle ball | |
| 6. Basketball | 13. Health related abstracts | |
| 7. Soccer | 14. Motor skill enhancement | |

Materials: These are required for physical education.

- a. Shorts or Sweats
- b. Shirt (T-shirts with sleeves absolutely no cut-offs).
- c. Socks
- d. Gym Shoes
- e. Towels and Toiletries
- f. Students should also have writing utensils and notebooks for class assignments.
- g. Students will need a combination lock for their locker. (Keyed locks are not an option)

Grading: Grades will be calculated on a percentage basis of total points assigned. Daily grades will be based upon 10 points a day (participation/behavior). Standard grading scale will apply. Written assignments will be graded upon points assigned.

Class Rules:

1. Be on time with appropriate materials and dress. (No dress no points, 3 tardies will earn detention). 5 points will be deducted from the daily grade for any tardy. (Absence in excess of 3 will be made up as 20 minutes on the hour).
2. No cell phones or devices are allowed in class or the locker rooms. Any device brought to class will be confiscated and held for the period or taken to the principal for the day.
3. No Jewelry in the weight room no exceptions. (safety/liability).
4. No food or drink in any venue. (Weight Room/ Gym/ Track/Class room)
5. Conduct yourselves as adults and be courteous to others at all times (Golden Rule).
6. No horseplay in the locker rooms or gym areas. (Any locker room incident can be reprimanded with Saturday school)
7. Cheating of any kind will be an automatic zero. No late work accepted.
8. Any detention issued for behavior will result in a loss of daily points for the week.
9. The stereo is off limits to all students, the coach/ teacher in charge will decide what is played and when. (no cussing or belligerent music allowed)
10. Mr. Cargill's office area is not to be entered at any time except by permission.

Daily Grading Rubric for Physical Education

- Daily grade is based upon 10 points per day, with a total of 20-50 points per week. Other grades such as physical assessments and paper work are not included in this total. The daily grade is based on classroom behavior and activity participation.

10 points – In order for a student to achieve this grade they must participate fully without disruption or distraction of any kind.

9-5 points – Will be earned if the student is talkative, off task, or has to be called down once. 5 points will be taken off the daily grade for any tardies.

5-0 points – Will be earned if the student talks excessively or is continually off task, belligerent in class, disrespectful towards teacher or students, has to be called down more than once or earns a detention.

*** Any detention earned by a student will result in loss of all points for the week.
- The final daily grade is at the teacher's discretion.**