# P.E. 1 Syllabus

Introduction

Students will receive basic instruction in sports-related skills including rules and scoring for various team and individual sports. The five components of health fitness will be stressed. Students will participate in classroom activities and be introduced to and tested in various fitness components. State mandated fitness testing is administered in the spring. All Freshman, including athletes, must take PE 1.

Standards

- **Excellence:** To develop the highest level of personal physical fitness and skill development.
- **Physical Fitness Components**: Students will demonstrate improvement and competency in the five health- related components: muscular strength, muscular endurance, cardiovascular fitness, flexibility, and body composition.
- **Health Enhancement**: To understand the relationship between health and physical education and to attain a high level of wellness and personal satisfaction.
- **Social Development**: To develop appropriate social behaviors, including good sportsmanship, respect for yourself and others, and appreciation for peers by working independently as well as with others during planned and guided activities.

Policies and Procedures:

1. **PE Attire** - All students must dress out in appropriate PE clothing everyday as described below.
    1. **PE Shorts and Shirts -Students may choose from one of the following three clothing choices:**
        - GOHS PE shirt and shorts (purchased from school)
        - GOHS school sponsored spirit pack in PE/School colors
        - Plain gray shorts and a plain red t-shirt (must be free of logos, writing and other graphics)

    Note: All clothing must not be modified - No ripped, torn or sleeveless clothing may be worn. Modified clothes will result in a non-suit (See below). Shorts must be fingertip length when arms are extended straight down by the students side. Clothing will be labeled for identification (Shirt: First and Last Name printed in black/block letters across chest. Shorts labeling is optional but recommended so you can identify your shorts). No sharing PE Clothes

    b. **Shoes -** Appropriate athletic shoes are required (cross trainers are recommended). All shoes must be rubber soled, either tied or Velcro.

    c. **Cold weather clothes -** Sweatshirts and sweatpants are acceptable. They must be in school colors: red, navy blue, heather grey, or black. Again, they may not

have logos, graphics, or writing except your name in block letters. Sweatshirts must be worn over your PE shirt.

2. **Loaner Policy -** Students who forget their own PE clothes may check out freshly laundered loaners with their Student ID cards from the PE equipment room. All loaners must be returned at the end of the class on that day. Students who abuse the loaner policy may be denied loaner clothes. If purchasing PE clothes is an issue please notify your teacher.

3. **Non-Suit/Refuse to dress policy** - Students who refuse to dress out are defiant and in violation of the Physical Education Policy. In conjunction with PBIS the PE department has a progressive discipline policy for those students who continually refuse to dress for class.

4. **Tardy Policy** – Students are expected to be in the locker room when the tardy bell rings. After the tardy bell rings, the door will be locked and they will be marked tardy. After the tardy bell rings, students have 5 minutes to dress at the beginning of the period and are expected to be out on their numbers and sitting down as soon as possible. If the 5-minute bell rings and they are NOT out of the locker room and sitting on their assigned number, they will be marked tardy. Students should go directly to their assigned number after leaving the locker room and not loiter with other students in other classes. The school wide tardy policy will be used for progressive discipline of tardies and/or loss of participation points.

5. **Excused Medical (3 days or less)** - Parents may excuse a student from participation for up to three days or until seen by a doctor, by sending a written note to school with the student. The note should include the following information:

- Student's Name
- Dates of non-participation (i.e. 10/8 thru 10/10)
- Parent Signature
- Contact Phone Number

Student Procedures: Student does not dress out, report to numbers for attendance. Students must attend make-ups to earn participation points.

6. **Excused Medical (over 3 days) -** A Doctor's Note - Physical Activity Physician's Recommendation Form should be taken to the doctor. Please make sure the doctor completes the entire form so that we know what the student **CAN** do in order to pass the class. All medical notes must be given to the teacher and GOHS's health office. Students who cannot earn daily points for 25 days in one semester may be transferred out of PE1 (State curriculum guidelines have a minimum activity requirement).

Long term medical notes reminders.

-Students miss 1-7 Days (Make up in Person)

-Students miss 8-15 Days (Fitness Log if needed)

-Anything over 15 Days students can be enrolled in the Canvas Health class.

* Students who are out for an extended period of time (25 days or more) due to medical reasons may receive an INCOMPLETE at the grading deadline and will be given the opportunity to make up missed points once their injury has healed. It is the students responsibility to communicate with the teacher about what they need to do to earn their points.

*******IMPORTANT*******

Notes from home or medical notes DO NOT exempt the student from PE work.
The student will be responsible for making up missed work.

7. **Make up Policy -** Students may make up missed work for absences, parent notes (3) and medical notes only. Make ups must be completed within the unit of study. Students will be given a physical makeup activity for each day they have missed.

8. **Grading Policy** - Grading in physical education will be based on the following components; participation in class (attitude, effort, intensity, preparation); overall individual improvement, mastery of fundamentals and skills taught, and fitness-related tests.

*Students that miss more than 25 days of class will not receive a passing grade.

9. **Locks and Lockers** - Locks will be issued to each student at the beginning of each semester. Each student is required to have an assigned lock and locker. (Sharing locks or lockers is not allowed!) Non-GOHS locks will be cut off immediately! Students will be assigned a locker for storing their P.E. clothes. Students will use a larger locker available next to their assigned locker to secure personal belongings including backpacks, ONLY DURING THEIR PE PERIOD. Upon changing back into their street clothes at the end of the period, students must clear out the larger locker and place their PE clothes back into their assigned, smaller locker. Leaving personal belongings unattended, or unsecured in the locker room may result in loss or theft! GOHS and the Physical Education Department are not responsible for lost or stolen items. Lockers must be cleared of personal belongings at the end of the semester and the lock must be returned in good working condition. Anything not cleared out of the locker at the end of the semesters will be used as loaners, thrown away or given to charity. If the lock is lost or damaged (not in good working condition) there will be a replacement fee charged. If this policy is not followed students may be disciplined (detentions or referrals).

10. **Water** – Staying hydrated is important. Bringing a water bottle with a student's name on it is encouraged. Students will not be given a pass to retrieve a bottle left at the gym/field. Drinking Fountains may not always be available.

11. **No Gum Policy** – Chewing gum during P.E. class is not allowed for safety reasons. Students could lose points or receive a discipline for chewing gum in class.

12. **Locker Room Rules** - Students are expected to follow the locker room rules. The rules are posted in the locker room.

13. **Electronic Devices** - Students MAY NOT bring electronic devices with them to class. Electronic devices should be secured safely in their locker. Violations will result in discipline.

***MagicSchool AI Tools for Students***

*This year, students will have access to MagicSchool AI, a generative AI platform built for schools that will help them learn to use the technology safely and responsibly.*

*With tools like ChatGPT and others being used in the professional world, it's important that students learn how to use the technology safely. By using MagicSchool in our classes, your student will be prepared for the future of technology in the workforce.*

*While students use MagicSchool tools for purposes such as receiving real time feedback, getting their questions answered, generating images, and in other exciting ways, I will have access to ensure it's used appropriately. Rest assured, MagicSchool does not collect or train on student data.*

*Be sure to ask your child about how they're using AI in the classroom and take a look at the engaging ways they've utilized the MagicSchool tools to enhance their learning!*

*For more information, go to [www.magicschool.ai](http://www.magicschool.ai) or reach out directly with questions.*