

Health/Physical Education 2025-2026

Coach Haynes

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The Physical Education Staff of The Villages High School would like to welcome all students to our school and to our physical education program. Physical Education is the science and study of the human body and its movement. This course will provide the student with a survey of weight training, agility and endurance running. Our philosophy in physical education is to provide a variety of conditioning formats and the tools necessary for maintaining lifetime fitness.

COURSE DESCRIPTION: We are going to have a great year learning about the significance of fitness to our health. Each student will not only have the opportunity to set individual fitness goals, they will also have the opportunity to try to achieve these goals.

SUPPLY LIST

Required by all students to bring with them to class each day:

Pens/Pencils

Notebook Paper/Notebook

Chromebook

GRADING:

HOPE- PE 50%	
DAILY GRADES PE Bell ringer & Dress: 10 pts Participation: 10 pts	Bell ringers: 10 points (on-time and dressed) Dress Points: 10 points will consist of being dressed in PE uniform from Custom Apparel. Participation: 10 points On task and engaged in physical activity NOTE: If a student fails to dress in the PE uniform or proper footwear they will receive zeros for that day.
Fitness Benchmarks: 100 pts	Practical assignments are evaluated on a day to day basis and will include running and weightlifting activities. Students will be assessed based on effort and improvement.

HOPE- Health 50%

Health Bell ringer/Exit Ticket: 10 pts (everyday)	Bell ringer & Participation: Arriving to class on time and prepared with a writing utensil and notebook/Chromebook. Bell ringer activities will change from day to day.
Classwork: 10- 25 pts Quizzes and Tests: 50 pts to 100 pts	Homework/In class Activities: will typically consist of Lesson/Chapter work which most students can finish in class. Test / Quizzes: Can consist of chapter tests and quizzes on each section of the chapter.
Literacy:	Literacy assignments will be assigned and graded using the FCAT rubric 3xs a quarter.
Projects/Practicals: 100-200 pts	Projects: Will change based on topic. Ex: Drug project, Dietary self-analysis, and Body systems. Practical assignments are evaluated by how well you complete the tasks and meet the requirements of the rubric.

DRESSING OUT AND PARTICIPATION: All students are required to dress out and participate each day to receive credit. Students are to wear athletic (tennis) shoes, Shoes that will NOT be permitted are: Boat Shoes, Crocs, Sandals, Flip Flops, Slides, Hey Dudes etc. Students must wear proper athletic shoes or dressing out will not be permitted and a ZERO (0) will be given for participation and dress. **P.E. uniform shorts and a P.E. uniform shirts must be purchased from the school store (Custom Apparel), NO EXCEPTIONS.** In any PE class (weight training, etc.) SPIRIT PACKS WILL NOT BE PERMITTED. Warm ups or sweat suits are acceptable and encouraged during cooler months; however the P.E. uniform must be underneath. EACH STUDENT MUST CHANGE CLOTHES AND PARTICIPATE FULLY TO RECEIVE FULL CREDIT. If a student does not dress in the PE uniform they will not be allowed to participate and receive a zero for dress and a zero for participation for that day. Due to the new uniform policy implemented by VHS Administration students will also receive a Lunch detention the day of any dress code infraction (Not wearing uniform or proper footwear) in addition to losing points.

ILLNESS: If, for some reason, a student is unable to participate fully for class, he/she is still required to dress out for class. Any illness will need a DOCTORS' NOTE, stating the ailment and how long the student should be held from physical activity. Students may be asked to help with class activities or may be given written work in order to receive participation points. **NOTES FROM PARENTS ARE NOT ACCEPTED AS EXCUSES FOR NOT DRESSING OUT OR PARTICIPATING.** The only notes that will be accepted and excused will be notes from a Dr. or an Instructor.

Making up participation points due to absence/excused activity: You will be required to complete a make up assignment to recover any participation points or classwork due to missing class. These assignments will be provided by the instructor and will be based upon what the class did during that day.

LOCKERS & LOCKS: THERE IS TO BE ZERO (0) FOOD OR DRINK ALLOWED IN THE LOCKER ROOM OR THE GYMNASIUM. IF A STUDENT IS CAUGHT WITH FOOD OR DRINK IN EITHER, THE ITEM WILL BE THROWN AWAY AND DISCIPLINARY ACTION CAN OCCUR. Lockers and locks are available for each student while they are participating in Physical Education Class. All clothing and valuables should be LOCKED in the assigned locker during class time or left in a visible area in the gym for camera monitoring. Students are encouraged to take their P.E. clothes home at the end of every week. PE staff are not responsible for lost or stolen items. **There will be a \$5 FEE for any lock not returned or damaged during the course of the year.**

CLASS PROCEDURE: Each student must be in the locker room before the tardy bell rings. Attendance will begin in the gym within 5 minutes of the tardy bell. Students will be given 5 – 10 minutes at the end of class to dress. Once students are done dressing, they must report to the gymnasium until dismissed. Any student who does not follow this procedure will receive a warning the first and disciplinary action will result in any other violation.

LITERACY: Students will always need to have a Chromebook, a writing utensil, and paper in order for assignments. This means for literacy or any other assignment given.

PHYSICAL EDUCATION DISCIPLINARY PLAN: Students are to follow ALL rules when in the weight room. Students are to be respectful to each other as well as the instructor and guests. Any student who is not following the procedure or being disrespectful towards anyone or anything will first be given a warning for the first offense. 2nd offenses will result in disciplinary action- detention, referral, call home, etc. Automatic zero's: Mastery- using cell phone during class (no negotiations, leave it in the locker room), off task (one verbal warning given), leaving gym/weight room/outside area without permission (this also includes a referral).

I look forward to working with our students this year. Please do not hesitate to contact me should you have any questions or concerns!

Please sign and return the last page of this syllabus

By signing this, you are indicating that you have read and understand the class procedures, rules, and expectations. Failure to follow classroom rules will result in appropriate disciplinary action or grading.

Student Name: _____

Date: _____

Student Signature: _____

Parent Name: _____

Date: _____

Parent Signature: _____

Parent Contact Information:

Cell Phone: _____

Alternate/Work Phone: _____

Email Address: _____