

Course Expectations for **Physical Education (PE I and PE II)**

Teacher: **Mr. Ellerbe**

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Room: **Boys' Locker Room**



Course Description	This one-year course provides students the opportunity to develop a health- and skill-enhancing level of physical fitness. Students engage in movement and fitness activities at moderate to vigorous levels for a minimum of 50% of the instructional time. Through participation in physical activities, students execute motor skills, movement patterns, and safety within the course. Health and skill-enhancing fitness concepts are explored through personal goal setting and self-evaluation. Instructional practices incorporate integration of diversity awareness, including appreciation of all cultures and their important contributions to society. The appropriate use of technology is an integral part of this course.
Course Goals	1. To execute efficient motor skills, manipulative skills, and movement patterns in a wide range of physical activities. [1.0] 2. To identify playing areas, equipment, rules, and safety requirements for a variety of physical activities. [2.0] 3. To apply concepts and strategies appropriately when participating in physical activities. [2.0] 4. To participate in moderate to vigorous physical activities. [3.0] 5. To demonstrate the health- and skill-related components of physical fitness. [4.0] 6. To apply knowledge about the benefits of physical activity as it relates to personal health and wellness. [4.0] 7. To use various technology methods in order to achieve and maintain a proper level of physical fitness. [4.0]
	Students are expected to: • Dress appropriately in PE attire. • Participate safely and actively every day. • Demonstrate good sportsmanship. • Respect classmates, staff, and equipment. • Follow all classroom and gymnasium rules. • Use appropriate language. • Put forth your best effort regardless of skill level. • NO PHONES or HEADPHONES are allowed in class unless told otherwise by the teacher.

Required Materials/ Course Fees	Things you need: • PE uniform • Athletic shoes—no Crocs (sports mode is not an athletic shoe) and no slides or other non-athletic shoes. • A lock for your PE locker.
Grading Procedures/Breakdown	• Each regular day is worth 10 points. • If you are absent, you need to do the make-up work. • You need to be fully dressed in your uniform and wearing proper shoes to participate. • You can lose points for low participation. As long as you are actively participating, you can earn full points. • Run Days are 20 points. There will be time built in to jog and walk. • Full points are for coming in on time. You will lose 2 points for every 30 seconds you are late on the run/walk time.
Classroom Rules and Procedures	Wear Proper Footwear & Uniform: Athletic shoes are required for safety. Students will wear their PE uniform every class period. Mr. Ellerbe will let you know if that changes. Show Respect & Good Sportsmanship: Treat classmates, teachers, and equipment with kindness and respect. No Cell Phones: NO PHONES or HEADPHONES are allowed in class unless told otherwise by the teacher. Cell phones and other electronics need to be left in the locker room. Take Care of Equipment: Handle all PE equipment properly and return it to its designated place at the end of class. Equipment should only be used when instructed. Report Injuries Immediately: Let the teacher know right away if you get hurt, feel sick, or experience dizziness/shortness of breath during class. Communicate Excused Absence/Exemption: If your child cannot participate due to illness or injury, please provide a written parent note or a doctor's note for extended exemptions. No Food, Drinks, or Gum: To prevent choking and maintain clean spaces, no gum, candy, or food is allowed in the gym or locker room. Water bottles with secure lids are strongly encouraged! Leave Personal Items in the Classroom: Jewelry should be left in your locker. This prevents your items from being lost or broken. Make-up Work (Regular Day): Students will walk/jog around the field for 2 laps. Must be completed in under 5 minutes. This is done in class. Run Day or Fitness Day: Must be done by doing the run day or fitness day. Can be done in class or after/before school. Use Appropriate Language. Put Forth Your Best Effort: Regardless of skill level, always try your best.

	Locker Room Expectations Students are expected to: ● Respect others' property. ● Arrive and dress promptly. ● Use appropriate language. ● Follow all supervision procedures. ● No Photos/Videos in the locker room. If you are seen doing so, your phone or computer will be taken, and a referral will be written. ● Locker Use ○ You will get a locker if you bring in your own lock or rent one from the school. ○ Use your locker only and do not share your combination with anyone. ○ If you do not have a locker, students will be required to take home their uniforms daily. The school is not responsible for lost or stolen items.
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**An overview of the schoolwide policies and procedures can be found in the parent/student handbook, which can be accessed by visiting southcta.net/studenthandbook