**VMMS PHYSICAL EDUCATION COURSE SYLLABUS 2016 - 2017**

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| **MISSION STATEMENT** |
| The goal of Physical Education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. It is our goal that our students will know the benefits of their choice to be involved in physical activity and have a mindset that values physical activity and its benefits in sustaining healthy lifestyles. To provide a safe educational environment we will address the Georgia State and National Physical Education Standards through a wide variety of activities derived from the Muscogee County School District Physical Education Curriculum in accordance with the rules outlined by the Muscogee County Board of Education.  |

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| **NOTE FROM THE INSTRUCTORS** |
| We will lead a respectful and disciplined classroom. To achieve this we have established some simple policies. As a student, it is your responsibility to comply with these policies. If you decide not to comply, there will be logical consequences. By enforcing these policies, we promise to be fair, firm, and consistent in our classroom. Please keep in mind that the average Physical Education class encompasses students of various ability levels. It is each person’s responsibility to give their best effort at all times without causing injury or undue embarrassment to others in the class. |

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| **ENTERING THE LOCKER ROOM** |
| You are to enter the locker room ***SILENTLY*** and ***ORDERLY***, without running or otherwise causing a ruckus. Students who do not do this will be asked to leave the room and reenter as expected. It is expected that as soon as you enter the locker room you will have approximately five minutes to prepare for class and report to your designated roll call location. ***FAILURE TO COMPLY BY THESE RULES WILL RESULT IN CONSEQUENCES! PLEASE REFER TO THE SECTION OF “IF YOU CHOOSE TO BREAK A RULE.*** |

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| **MEDICAL EXCUSES** |
| **NOTES FROM PARENTS** - If a student is unable to participate fully on a particular day due to illness or injury, he or she must bring a written note signed and dated by a parent or guardian. Students are expected to dress out every day to earn credit. This note does not excuse them from dressing out for class. **All notes must include the following information: DATE, STUDENT’S NAME, REASON FOR EXCUSE, PARENT/GUARDIAN SIGNATURE, AND PHONE NUMBER WHERE PARENT/GUARDIAN MAY BE REACHED**.**A NOTE FROM A MEDICAL DOCTOR IS REQUIRED FOR NON-PARTICIPATION OF LONGER THAN THREE DAYS.** An excuse from total participation of any duration or restrictive participation beyond three (3) consecutive days shall be confirmed by a physician's statement specifying the type of illness or injury and the nature and duration of the restriction. The statement should include the types of activities to be avoided in order to allow the physical educator to modify instruction for the student.  |

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| **GRADING PROCEDURES** |
| ***You earn your grade!*** Every day you are expected to participate. This means you will be prepared for class with proper clothing and footwear, display good behavior, and willingly be actively involved in the day’s activity. Your acquired knowledge will be based on your performance, written assignments, and exams. Skill assessment will be based on a continual assessment format that focuses on personal improvement. * **STUDENTS HAVE THE OPPORTUNITY TO EARN MAXIMUM OF 20 POINTS PER DAY AND A TOTAL OF 100 POINTS PER WEEK.**
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| **ELECTRONIC DEVICES** |
| * Personal use of electronic communication devices by students is **NOT** permitted. ***“CELL PHONES!”***
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| **INJURIES** |
| * ***ANY INJURIES OCCURRING IN CLASS ARE TO BE REPORTED TO THE INSTRUCTOR IMMEDIATELY.***
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| **STUDENT DRESS REQUIREMENTS:** All students are expected to bring Physical Education attire to every class. |
| Maintain a change of clothes (***other than school clothes***) appropriate for wear during participation in physical activities. Items must include: * Athletic shoes (non-marking soles) and socks.
* Physical education uniform (***athletic*** ***shorts with at least a 4 ½ inseam and tee shirt with sleeves***) or other designated apparel.
* Wear appropriate clothing for participation in physical education activities. Students who do not wear proper attire will not be allowed to “sit out” during the class period, but rather to engage in modified physical activity. These activities include, but are not limited to:
1. Walking around activity area.
2. Engaging in modified participation in class activity. (Writing Assignment)
* ***Avoid wearing inappropriate or unsafe items such as dangling or loop earrings, watches, hard bracelets, rings, long necklaces, or other items that may cause harm during physical activity***.
* ***Avoid wearing inappropriate or unsafe footwear such as sandals, dress shoes, flip flops, or other footwear that may cause harm during physical activity.***
* ***Avoid wearing sagging pants or shorts or clothing with rolled waistbands.***

**EXAMPLES OF DRESS THAT IS NOT ALLOWED:** Hats, Bandanas, Jewelry (necklaces, bracelets, piercings, etc.), Short shorts (less than 4 ½ inch inseam), Spandex, Sandals, Dress style shoes, Boots, Tank tops, Sleeveless shirts, and Music devices. * **STUDENTS ARE EXPECTED TO TAKE THEIR CLOTHES HOME WEEKLY FOR CLEANING.**
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| **TARDY AND LATE ARRIVAL** |
| A Student who is not in the gym when the bell sounds or reports to the activity area after class has begun is considered either late or tardy. A student is ***tardy*** if ***without a pass***. A student is ***late*** if ***with a pass***. There is no penalty for arriving late with a pass.* **PLEASE REFER TO THE “IF YOU CHOOSE TO BREAK A RULE” FOR CONSEQUENCES.**
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| **IF YOU CHOOSE TO BREAK A RULE** |
| * Of course there are behaviors that will warrant a referral immediately. Examples of this include gross insubordination or violent behavior. Behaviors that are less severe, but in violation of the basic rules of the class will be dealt with in the manner described below. ***THIS FORMAT IS IN NO WAY ALL INCLUSIVE AND IS SUBJECT TO CHANGE:***
* **1st Incident** – WARNING**2nd Incident** – SILENT LUNCH AND LOSS OF ACTIVITY TIME**3rd Incident** – DETENTION, PARENTAL CONTACT, AND LOSS OF ACTIVITY TIME

**4th Incident** – OFFICE REFERRAL AND PARENTAL CONTACT |

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| **STUDENT USE OF FACILITY REQUIREMENTS** |
| * Use equipment only with supervision of instructor.
* Enter and Exit facility only if supervised by instructor.
* Keep locker room clean and free of trash.
* ***AVOID BRINGING FOOD, DRINK, OR GUM TO ANY OF THE PHYSICAL EDUCATION FACILITIES***. ***FAILURE TO COMPLY WILL RESULT IN CONSEQUENCES***.
* **AVOID** participation in conduct considered inappropriate for locker room, gym, and outdoor field. Inappropriate conduct will result in ***Silent Lunch, Detention, and/or Office Referral***. ***NO HORSEPLAY ALLOWED***!
* Personal belongings must be locked in lockers daily and are the responsibility of each individual student.
* ***AVOID*** bringing valuable items to the school or gym.
* Report immediately lost locks to instructor. ***STUDENTS ARE TO REPLACE LOST LOCKS AT A COST OF $10.00.***
* ***VMMS WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN PERSONAL BELONGINGS!***
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| **EQUIPMENT STORAGE ROOMS** |
| * ***ABSOLUTELY NO STUDENTS ALLOWED IN ANY EQUIPMENT STORAGE ROOMS UNLESS ACCOMPANIED BY A PHYSICAL EDUCATION INSTRUCTOR.***
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