

# Physical Education Syllabus

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## Description:

Welcome to Physical Education at Della Icenhower Intermediate. Our PE program is unique. We incorporate health and physical education in a combined setting using a variety of methods including practical health lessons, camouflaged fitness activities, and student-selected games. Game choices will change every three weeks and will include team handball, volleyball, flag football, basketball, soccer, and many others.

## Goals:

- \*To promote positive attitudes towards health, hygiene, and fitness.
- \*To develop a sense of fair play and sportsmanship.
- \*To develop psycho-motor skills through a range of relevant movement based activities.

## Requirements:

Each child is required to dress out for PE. Uniforms are available to purchase if you would like. If not, your child needs to bring black or blue athletic shorts, a white or gray t-shirt, and athletic tennis shoes. Each student should also be prepared to participate daily in physical education. Lockers will be issued to each student. Students are required to lock everything in their locker while they are participating in P.E.

## Resources:

We have a weight room that the students will be able to utilize.

## Course Calendar/Schedule:

Students will choose new activities every three weeks.

### Six Weeks

### Activities/Skills

1<sup>st</sup> & 2<sup>nd</sup>

Football, Volleyball, Teamwork

2<sup>nd</sup> & 3<sup>rd</sup>

Basketball, Loco-motor Skills

3<sup>rd</sup> & 4<sup>th</sup>

Hockey, Cooperative Play

5<sup>th</sup> & 6<sup>th</sup>

Track, Stretching, Working Together

\*Recreational Games and Aerobic Activity will occur throughout the year.

**Class rules**

1. Be on time.
2. Keep hands, feet, and other objects to yourself.
3. Talk only at appropriate times.
4. Bring PE uniforms and shoes to class every time. After the third time a student does not dress out he/she will be required to sit out of P.E. and complete a written health lesson.
5. No jewelry during activity time
6. No gum, candy, or drinks other than water bottles allowed in the gym or locker room.
7. No lotion or body spray is permitted in the gym or locker room.

**Locker Room Rules:**

1. Lock your locker before leaving the locker room
2. No books, binders, or backpacks are permitted in the gym or locker room.
3. Do not turn on the shower unless you are taking a shower.
4. All items must be removed from the locker after each class.
5. No cell phones allowed in the gym or locker rooms. If a phone is seen it will be taken up and turned in to the office.

**Class Participation:**

Students receive a daily grade in physical education for participation. Participation is essential to receive a passing grade in PE.

**Missed Exams/Assignments:**

If your child is sick or unable to participate on a day that he/she has PE they are required to bring a note from a parent in order to be excused. They are still required to dress out. If your child is unable to participate for three consecutive PE days a note from the doctor is required.

**Grading:**

Grades are based on daily participation and dressing out.