

Physical Education Syllabus

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Conference: 12:15 pm-1:27 pm

Welcome to Physical Education at Della Icenhower Intermediate. 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 throughout the year and will include team handball, volleyball, flag football, basketball, pickleball, and many others.

Objectives:

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

Requirements/Materials:

Uniforms: *Each child is required to dress out for PE.*

- PE uniform (\$10/shirt \$10/shorts + tax) (online ordering @ tiny.cc/uniforms18) OR
- Black or blue shorts, white or gray t-shirt
- Athletic tennis shoes
- 09/03 first day of dressing out (date subject to change)
- *Not changing into the proper uniform/colors/shoes will result in a 4 pt deduction of student's Dressing Out daily grade*

Lockers:

- Will be issued to each student.
- Students are required to lock everything in their locker while participating in P.E.
- Students must remove all items from their P.E. lockers because the other classes will be using the same lockers.

Resources:

- Health and Wellness Texas Textbook
Meeks, Linda, and Philip Heit. Macmillian/McGraw-Hill, 2006.
- Weight room

Course Calendar/Schedule:

1st six weeks Mental, Emotional, Family, and Social Health

2nd six weeks Growth and Nutrition

3rd six weeks Personal Health and Safety

4th six weeks Drugs and Disease Prevention

5th six weeks Community and Environmental Health

6th six weeks Systems of the Body

*Recreational games and Aerobic activity will occur throughout the year

*FitnessGram testing occurs in the 2nd semester

Class rules

Be Safe

- Keep hands, feet, and other objects to yourself.
- **No lotion or body spray** is permitted in the gym or locker room.
- All jewelry must be removed during activity time

Be Kind

- Talk only at appropriate times.
- Avoid verbal/nonverbal "Fouls"

Be Active

- Give 100% participation/effort everyday

Be Responsible

- Avoid tardies
- Bring PE uniforms and shoes to class every time.
- **ONLY** water is allowed in the gym and locker room; no candy or drinks other than water.
- **All items must be removed from the locker after each class.**
- **NO** cell phones in gym and/or locker room

Class Participation:

Active participation is essential to receive a passing grade. Students are expected to give their best effort in PE in each class.

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. If your child is unable to participate for **two consecutive PE days a note from the doctor is required.**

Grading:

50% Participation (daily grade)

50% Dressing out (daily grade)

*Please sign in acknowledgement of the
Requirements (uniforms/lockers) and Class Rules
for your student and return to a PE teacher.*

Student Name: _____

Parent Signature: _____