

College Park High School Physical Education

Physical Education is the practice, study, and knowledge of human movement that results in lifelong appreciation and practice of fitness, wellness, and physical activity. No other area of the curriculum is designed to help children learn motor and lifetime activity skills. This makes Physical Education a necessary and important component of the total school curriculum.

STANDARDS:

For high school youth, there are three overall model content standards. They are:

Standard 1: Demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.

Standard 2: Achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

Standard 3: Demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.

APPROPRIATE ATTIRE

All students are expected to come to class dressed and ready for physical education. Students not dressed appropriately are not prepared for class. Students are responsible for locking their belongings in their assigned PE locker.

College Park Physical Education uniform recommended. Plain white t-shirt and plain purple or black shorts are optional. Sweats brought from home must be solid gray, purple, or black. **The student's first initial and last name should be printed legibly and visibly on their PE attire.** There will be no altering of the PE uniform. Other writing, drawings or logos on physical education attire will result in the uniform not being acceptable for class. Any attire that violates the College Park dress code will not be accepted.

- Tennis shoes are to be LACED or VELCROED CLOSED. **NO HIKING BOOTS, SLIP ONS, PLATFORM SHOES, FLIP FLOPS, OR BOOT-LIKE SHOES ARE TO BE WORN.** Shoes MUST be securely tied to the feet. Socks must be worn.
- **Shorts are to be worn around the waist.** Sagging shorts below the waist for style and fashion will result in being marked not dressed/not prepared for class.

STUDENT POINTS AND GRADING:

The following grading scale will be used on a daily basis using a 5 point "must" system. Students are to be seated in roll order and in appropriate attire when Roll call begins. Participation in all class activities is a prerequisite to earn credit in physical education.

75% Daily participation points (prepared, on time, attitude, effort, cooperation and interaction with others, warm-up exercises, game activities, written assignments and tests.

25% Fitness Activities (Participation and improvement based on state testing standards)

Physical education is graded on traditional A through F Scale.
(Student responsibility + Student academic expectations = 100%)

100-90%=A

89-80%=B

79-70%=C

69-60%=D

<59% =F

EXCUSED MEDICALS AND ABSENCES:

Physical Education is a participation-based class, and regular attendance is critical for success. If a student is unable to participate in physical education for a medical or legally excused reason, the teacher must have a note from their parent or guardian for each affected class session. After one week (three consecutive class sessions) with a parent note, a doctor’s note will be required. Students must still dress in PE attire for make up work to be an option. **If a student misses class for any excused absence/ medical, written make up work will be assigned. If a student is going to be absent for a prolonged period of time and knows about it in advance, he or she should contact the teacher to receive work to complete while absent. It is the student’s responsibility to obtain makeup work. Make up work must be turned in within 2 weeks of students return to class. Unexcused/Truant absences and non-participation will receive no credit for the day and no make up work will be accepted!** Makeup work may be obtained at www.collegeparkpe.com

PLAGIARISM:

STUDENTS ARE EXPECTED TO TURN IN ORIGINAL WORK! PLAGIARISM IS DEFINED IN THE STUDENT HANDBOOK. THE FIRST OFFENSE WILL RESULT IN FAILURE OF THE ASSIGNMENT, THE SECOND IN FAILURE OF THE COURSE!

CLASSROOM RULES AND EXPECTATIONS

- Absolutely **NO** Cell phones or electronic device use during instructional time! If a cell phone is seen during instructional time it will be confiscated. Cell phone use will not be permitted!!!
- Arrive to class on time with appropriate PE materials.
- No put downs/Respect classmates and others. Listen when others are talking.
- No gum, food, or drinks in class. Water is OK.
- No use of equipment or apparatus unless instructed by teacher.
- Passes need to be issued by a teacher before you leave class for **any** reason.
- During certain activities students will be asked to remove their jewelry for safety.
- No backpacks, bags, purses, books, etc. allowed in class.

LOCKS and LOCKERS

- Each student will be assigned a locker and lock which they can store their PE clothes.
- **LOCKERS MUST BE LOCKED WITH AN ASSIGNED PE LOCK!!!**
- Students are only to use their assigned locker, and will be held responsible to all damage done to their lock and locker.
- CPHS and its teachers/Administration are not responsible for lost/stolen items.
- **DO NOT BRING VALUABLES TO THE LOCKER ROOM!**

MEDICAL CONDITIONS: It is extremely helpful to the teacher to be aware of any medical conditions that your child experiences. A note from your doctor will assist us in planning or adapting your child’s program. This information will be kept confidential.

PLEASE SIGN AND RETURN THE BOTTOM PORTION OF THIS FORM.

To: PHYSICAL EDUCATION DEPARTMENT

I have received and read a copy of the physical education syllabus and agreement.

Student name: _____ Physical education period: _____

MEDICAL CONDITION, MEDICATIONS, IF ANY THAT TEACHER SHOULD BE AWARE OF:

Parent/Guardian Signature: _____

Parent/Guardian Name (printed): _____

Emergency Contact Information _____