Winchester High School

Physical Education 18-19

Syllabus

**Our Philosophy…**

It is the goal of the Winchester High School physical education program to provide students with developmentally appropriate learning opportunities with meaningful content and instruction. All students will develop health-related fitness, physical competence, cognitive understanding and positive attitudes about physical activity that promotes a healthy and physically active lifestyle.

**Our Vision Statement…**

Inspire every student to maintain a healthy lifestyle.

**Our Mission Statement…**

Physical Education instructors believe that physical education is essential to the education of the whole child. The physical education program provides opportunities for students to attain the skills, knowledge and attitudes essential for a healthy lifestyle.

**Our High School Physical Education Purpose…**

To introduce our students to a variety of wellness related activities so that they have the ability to develop a physically active lifestyle for a lifetime.

1. **Grading:**

A. Physical Fitness Tests & Written Quizzes (Points TBA)

B. Daily Grade

 \*\*\*4 points per class period daily

< dressing out- 1 pt.

< participation- 2 pts.

< attitude/behavior- 1pt.

**No-Dress Policy:**

**1st no-dress**- Warning issued and sent to office hallway for a written assignment. If completed by the end of the hour, you will receive full points for the day.

**2nd no-dress**- Sent to the PIT, -10 points for the week.

**3rd no-dress**- Sent to the PIT, -15 points for the week, 30 minute detention.

**4th no-dress**- Detention (1 HR), -20 points for the week.

**5th no-dress**- Detention (2 HR), -25 points for the week.

**6th no**-**dress-** Meeting with student, principal, and guidance counselor for physical education action plan.

 *\*\*\*Students will get a “fresh start” at the beginning of each semester.*

 \*\*\*Detention times will be determined by the physical education teacher.

1. Students will be given participation points based on the number of steps on their pedometer. The number of steps for the class period will be determined at the start of class by the teacher. Failure to reach the assigned number of steps will result in ZERO participation points for that class period. Any damage to pedometers by a student will result in the students paying for a new pedometer!!!!
2. **Proper Dress:**

**FULL DRESS:** Gray Winchester PE shirt **with last name on front**, black shorts or athletic pants (at teacher’s discretion), and tennis shoes.

\*\*\* Full dress is **ALL or NOTHING**. Failure to have all three of these items will result in a no dress. Wearing another student’s shirt will result in a no-dress and 1 hour detention.

* 1. **Tennis shoes**; no boots, sandals, crocs, or flip flops; wearing something other than tennis shoes will result in a no dress.
	2. Black shorts with at least a 6 inches from the knee.
	3. Gray PE shirt (No cut-off, sleeveless shirts)
	4. Shoes should be on and laced at all times.
	5. Wearing PE clothes over school clothes is unacceptable & will result in a no-dress.

**IIII. Locker Room:**

1. No locks or lockers will be assigned. Students will be responsible for bringing their own PE clothes and shoes daily. This is in order to prevent stolen items from the locker room or lockers during and outside the school day.
2. Students are only permitted one trip to Ms. Herring for clothes. Additional trips will result in a 2 point deduction
3. Clothes left on the locker room floor at the conclusion of each week will be thrown away and the students are responsible for purchasing a new set of clothes for the remainder of the year

**V. Injury or Illness:**

a. Students may be excused from participating for medical reasons with a parent note up to 5 days a semester. After the 5 days, a doctor’s note is required. If more than 3 consecutive days, a doctor’s note is required.

b. An alternative assignment may be given to receive full credit for days missed due to medical reasons or extended absences.

1. **Electronics:**
2. Cell Phones are not permitted at any time during class (Includes down time at the end of class.)
3. Any phone visible will be sent to the office.
4. Students are prohibited from carrying any electronic on them during class
5. Headphones are not allowed during class

 **VII. Other:**

1. Report any injury or accident to teacher(s) in charge at the time it occurs.
2. Report damaged equipment
* Replacement/repair costs will be assessed to any student for damage to school property or equipment.
1. Report lost or stolen items.
2. Do not leave money or valuables in your PE locker room.
3. PE students are not allowed in the locker rooms or hallways during class time without teacher permission.
4. No students are allowed in the locker rooms or gym unless they have PE that period. Only in an emergency may one be allowed to enter with the PE instructor’s permission.
5. Do not bring your own equipment without prior permission from the instructors.
6. No food or drinks in the gym or locker rooms.
7. No cell-phones or any other electronic devices in the gym or locker rooms without teacher approval. **See Cell Phone Policy in the student handbook and abide by it!**
8. All other rules and regulations set forth in the student handbook shall be enforced.

 **VIII. Daily Routine:**

1. When the bell rings, students will immediately go into the locker rooms to change. After changing, in which they will have **3 minutes** to do so after second bell, students will enter the gym and line up in their assigned row for attendance. Late to the gym from dressing out will result in a deduction of 1 point.

2. In assigned rows, students will perform various agilities/exercises,

stretches, or any other activity designated by the teacher. Failure to be sitting in assigned spot will result in a tardy and loss of 1 point. If behavior continues, the student will be removed from class and receive a zero for the day. Failure to perform stretches correctly will result in a deduction of 1 point.

3. We will then begin our activity for the class period.

 4. At the end of the period, students will be given 3 minutes to change back into their school clothes.

\*\*\*Disruptive students or students who are not participating by the rules of the game or activity will be given a verbal warning. If the behavior continues, the student will receive a zero for the day.

\*\*\*Once a month, we will be testing in at least one physical fitness area (Pacer Test) or doing some other type of rigorous fitness activity, either in the gym or outside.

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We have gone over the rules and regulations of WHS physical education together and agree to adhere to them.

**Both student and parent:** Please sign below and return to your instructor. Turning this signed sheet in is a **Test Grade**. This worth **10 points** and is due on Wednesday, Aug. 22nd, 2018. If returned by Aug. 22nd, you will receive full credit. Each day that it is late, 1 point will be deducted. Thank you and have a great school year!!

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**Student Parent/Guardian**

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**Date**