Winchester High School

Physical Education 16-17

Syllabus

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.

**\*\*\*\*New for the 2016-17 school year, the high school physical education department will be grading using pedometers. 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!!!!**

\*\*\*\* **During the 2016-17 school year, 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.**

**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.

**II. 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.

**III. 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. **Locks and Lockers:**

\*\*\*See above

**V. 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.

**VI. 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.

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 be sent to hallway office for the class period and 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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Physical Education

Syllabus

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. 24th, 2016. If returned by Aug. 24th, 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**