

2016 – 2017 PHYSICAL EDUCATION SYLLABUS

Requirements for Class

Physical Education Class is an activity class. All students are required to dress out in his/her gym uniform and participate each day.

Supplies for Class: **Gym clothes, athletic shoes, socks, and Warm-Ups for cold weather**

ALL CLOTHING/SHOES MUST BE LABELED WITH STUDENT'S NAME

Option 1 - Gray OMMS t-shirt (\$10) and Navy OMMS Shorts (\$15).

Option 2 - Plain Gray shirt and plain navy basketball style shorts within school dress code.

Option 3 – Any OMMS T-shirt that the student has **NOT** worn to school that day. Any OMMS Basketball style shorts within school dress code.

Athletic shoes – must have proper ankle and foot support

Small Bag – (optional) to carry clothes, shoes, and personal items

Personal items – (optional) solid deodorant, hair bush, extra socks, fem. hygiene products, small case for jewelry.

ITEMS NOT ALLOWED IN P.E.	REASON
Any kind of Perfumes, Body Sprays, Spray Deodorant	Many students are allergic or have asthma, and these items may cause breathing problems. Class 2 Violation
Purses and Jewelry	Purses usually are too large to fit in the small P.E. locker. Personal items may be carried in the small P.E. clothing bag
Jewelry	For safety reasons, jewelry is not to be worn during class (small stud earring are allowed)
Books & Book bags	Do not fit in the small P.E. locker
Food such as Lunches or Snacks	These items cause ant, roach, and rodent problems
Cell Phones	Students are expected to respect the privacy of other students dressing in the locker room
Instruments	Do not fit in the small P.E. locker

NEW SCHOOL WIDE GRADING SYSTEM

Students will earn a grade in the following categories:

Gold – 60% - Participation and Unit Skills

Silver – 30% - Dressing Out for Class, being prepared each day

Bronze – 10% - Following Instructions, for example:

Sitting in Roll Call Spot, Completing Daily Warm up Fitness Exercises

Every Friday is Locker Clean Out Day – Every Friday students will be expected to take all their P.E. clothes home, have them washed, and bring them back clean for class on Monday.

Lost Clothes - Any clothes or shoes left out of the P.E. lockers will be placed in lost & found for 1-2 weeks, and then donated. Every attempt will be made to return the “Labeled” items to the rightful owner.

P. E. Class Procedures

*Each student will be assigned a specific spot in their class roll call line. Students are expected to sit in their assigned spot every day, and are to remain there until the teachers instruct them differently. Teachers will take roll and give group instructions. Students who choose to move out of their assigned will fail to earn points in the bronze category.

*At the end of class after dressing in, the boys will sit in two lines along the boys’ bleachers, and the girls will sit in two lines long the girls’ bleachers. Failure to follow these instructions could result in a loss of bronze points and disciplinary action.

*First Hour P.E. students will sit in roll call lines before dressing out for class.

*Students are not to touch any equipment without the permission of a teacher.

*When it is time to dress in, the students who are outside will enter the back outside door of the locker room, dress in, and then sit along the bleachers. Inappropriate conduct in the locker room, gym, sports building, outdoor fields, and other P.E. facilities may result in disciplinary actions.

Locker Room Procedures

At the beginning of class, the locker room will be open until 5 minutes after the tardy bell. Then, at the end of class, the locker room will be open for 10 minutes. This will be the time for students to dress in or out, and to use the facilities. Students are to dress quickly, secure their belongings in the P.E. locker then report to the gym.

Parent Notes/Dr. Notes

All parent or doctor notes are to be brought directly to the P.E. teacher at the beginning of class. These notes are to include the reason for non-participation and specific limited activity. Students will remain in P.E. class unless the P.E. teacher determines a study hall is necessary. However, students who have suffered a concussion will be placed into a study hall by the counselor. Parent notes are valid up to three days if stated on the note, after that a doctor’s note is required.

Student Athletes

Students who cannot participate in P.E. class due to an illness or injury will **not** be able to participate in any afterschool sport activity.

Injury or Illness During Class

If a student becomes injured or ill during class, then he or she should tell her teacher immediately. The teacher will evaluate the situation and take appropriate action.

Good Sportsmanship

Students of all abilities participate in P.E. class together. Students are expected to get along with one another and to encourage each other in positive ways. Students are expected to demonstrate good sportsmanship during class.

Complete this form and return to your P.E. Teacher by Friday 8/19/16

Student _____
(Print)

P.E. Teacher _____
(Print)

Parent Name _____
(Print)

P.E. Period _____
(Print)

I have read the P.E. Syllabus. I understand the procedures and expectations outlined for class.
I intend to follow the guidelines, be prepared for class, and dress out each day.
I intend to participate fully and to do my best.

Student Signature

Date _____

I have reviewed the P.E. Syllabus with my child, and understand the procedures and expectations outlined for class.

Parent Signature

Date _____

Parent E-mail

Complete this form and return to your P.E. Teacher Friday 8/19/16

Student _____
(Print)

P.E. Teacher _____
(Print)

Parent Name _____
(Print)

P.E. Period _____
(Print)

I have read the P.E. Syllabus. I understand the procedures and expectations outlined for class.
I intend to follow the guidelines, be prepared for class, and dress out each day.
I intend to participate fully and to do my best.

Student Signature

Date _____

I have reviewed the P.E. Syllabus with my child, and understand the procedures and expectations outlined for class.

Parent Signature

Date _____

Parent E-mail