PHYSICAL EDUCATION SYLLABUS 2014-2015

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, tennis shoes and socks*

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 THE LOCKER ROOM OR GYM**
1. **Perfumes, Body Sprays, Spray Deodorant**
   We have many students who are allergic or have asthma, and these items can cause difficulty in breathing, or an asthma attack.
2. **Purses & Jewelry** - Many purses although very cute are too large to fit inside the small P.E. lockers, along with the student’s school clothes and shoes. Students are to carry everything (clothing & personal items) inside a small P.E. bag. Jewelry is not to be worn during class.
3. **Books & Book bags**
   Books and book bags are too large and bulky to fit in the small P.E. lockers.
4. **Food such as Lunches or Snacks**
   No food is allowed in the gym or locker room. Students who go to lunch after P.E. will have time to go to their hall locker and retrieve their lunch, if they brought one from home.

**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 “named “items to the rightful owner.

*Label all items Clothing, shoes, socks, and warm-ups with your child’s first and last name.*

**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 spot may receive a disciplinary action.*
*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 disciplinary action.*
*First Period P.E. students will sit in roll call lines before dressing out for class.*
All other classes will dress out and then report to their assigned spot in roll call.
*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.

**Grading**
The Physical Education Grade may be made up from the following categories:
1. Dressing Out for Class in Complete Uniform
2. Participation & Giving Full Effort
3. Skills Tests
4. Written Tests
5. Activity Sheets
6. Written Paper

**Dress Out Infractions** – Students are expected to be prepared to dress out in Physical Education. Failure to do so could result in disciplinary actions as stated in the Code of Conduct.

**Absences**
Any student who is absent from P.E. class should complete the homework assignment(s) within a timely manner. These forms are located next to each locker room for the students to pick up.

**Non-Participation**
Students who are not able to participate in P.E. are asked to complete the homework assignment(s) in a timely manner.

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 for the school.

**Parent Notes**
Parent notes are to be written by the parent, dated, and signed. It must include the reason for the non-participation, the limitations of the student and the date(s) the excuse is to be accepted. Parent notes are valid up to three consecutive days. If only one date is on the note, then the excuse is valid for that date only. Daily activities will be modified for the student according to the specific injury provided in the written excuse.

**Study Hall**
If the student provides a doctor’s note excusing him/her from P.E. for more than two weeks, then he/she can be placed in a study hall. While in study hall, the student can be given a written assignment(s). If the student fails to complete the written assignment(s), then the student could lose points from his/her grade.
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 have the opportunity to look at the situation and take appropriate action.

Mistreatment of Others (Bullying)
Mistreatment or bullying of others will not be tolerated in P.E. class. This includes the hallway, the gym, the locker rooms, and the outdoor facilities. If a student observes bullying, or is on the receiving end of it, then he or she should tell a P.E. teacher immediately. The teacher will look at 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 ASAP

Student______________________   P.E. Teacher______________________
(Print)                                                                 (Print)
Parent Name______________________   P.E. Period______________________
(Print)                                                                 (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