King City Physical Education Syllabus

***COURSE DESCIPTION***:

This course will be two week sessions in the areas of flag football, soccer, basketball, volleyball, badminton, pickle ball, tennis, table tennis, bowling, softball, and various games and activities will be taught.  Individual, dual and team sports will be emphasized.  Rules and skills test will be included in the units of study.  Fitness Testing will be a requirement in the spring semester.

***MATERIALS REQUIRED:***

1. Proper physical education attire will consist of t-shirt, shorts (appropriate length), athletic pants or yoga pants that you did not wear to school or other classes.

2. Non marking gym shoes that are to only be worn in the gym will be required. Some of our activities will take place outside, so you will also need shoes that are safe to wear while participating outdoors. Flip flops, sandals and boots are not acceptable for outdoor participation.

3. Your gym clothes should be taken home every few days or at the end of the week to be washed.

4. If you are unable to dress for a reason beyond your control, please bring a note beforehand, from home explaining the circumstances.

***Cell phones, iPods, or other electronic devices are NOT allowed in physical education classes or locker rooms whether you are dressed or not dressed, and WILL be confiscated if students use without permission. The cell phone or device will be sent to the office. Leave them in your lockers.***

***PHYSICAL EDUCATION POLICIES AND PROCEDURES***

* 1. Always be dressed and ready to start class in the bleachers 4 minutes after the 2nd bell. If you are not, you will be tardy.
* 2. Be prepared to go outside or stay inside for class.
* 3. **DO NOT** leave valuables in the locker room unless you lock them up. I cannot do anything about stolen property left in the locker room. This includes money, phones, I pods, etc. I will not watch your phones, wallets or etc. if you bring them up to the gym.
* 4. I will not tolerate cursing in class. 1st time I hear it will be 15 laps (5minutes) conditioning, and any offenses after will result in conditioning and a detention.
* 5. Fighting – Automatic Office Referral and possible removal from class setting. (Your PE grade would be based on book work and written assignments.)

***GRADING POLICY***

* Course Grading:
  + Every day you will have 5 points when you walk into the gym. They are yours to keep.
  + 2 points for Dressing out ( 1 for proper clothing and 1 for proper shoes)
  + 1 point for warming up properly
  + 2 points for participation
  + You will be given 2 free excused non dress days per semester. This is if you forgot clothes or choose not to dress. After 2 you will be docked the full 2 points for not dressing, and this can affect your grade negatively if it becomes habit.
  + If unable to participate for medical or other excused reasons you will be give alternative assignments for your points. This includes worksheets or serving as score keepers or officials.

***CLASS RULES***

1. Be respectful to teachers, other students, and all facilities and equipment.
2. Follow Directions and be prepared for class.
3. No electronic devices/phones.
4. Please do not bring food, drinks or candy into the gym.
5. Treat locker room and locker with respect. Change quickly and mind your own business. Any problems that occur in the locker room need to be brought to my attention immediately.