**Mr. Christensen’s Physical Education Class**

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Hello and welcome to Mr. Christensen’s physical education class! I am so excited to have you in my class and I cannot wait to get to know you. I hope you are ready to work hard and have fun! Below is some information about the class to help you know what to expect.

**GOALS**

**Students will be able to...**

* Demonstrate competency in a variety of motor skills and movement patterns.
* Apply knowledge concepts, principles, strategies, and tactics related to movement and performance.
* Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.
* Demonstrate responsible personal and social behavior that respects self and others.
* Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**CLASS RULES AND EXPECTATIONS**

* **Respect yourself, equipment, and others at all times.**

 This means:

* Listening when others are talking and respecting classmates and teachers.
* Keep your body safe and in control.
* Looking with a positive light on yourself.
* Following the directions of the activity.
* Treat equipment with care.
* **Come to class prepared with proper shoes and class materials.**
* **Play fairly and with good sportsmanship.**
* **Have fun, work hard, and try your best!**

**GRADING**

* Students will receive a daily physical education grade worth 5 points for every day they have PE. The breakdown of the 5 points is as follows:
  + **3 points: Preparedness/Participation**
    - Preparedness:
      * Students are expected to wear proper footwear.
      * Students are expected to bring all materials that will be needed for class. This may include paper, a pencil, and their Chromebook.
    - Participation:
      * Students are expected to demonstrate consistent effort and are not graded based on skill level or athleticism. They are expected to give their best regardless of experience or interest level for each activity. This includes any activities we may do in the gym, outside, in the weight room, or in the fitness lab.
  + **2 points: Attitude/ Respect/ Sportsmanship**
    - Students are expected to demonstrate appropriate behavior, positive attitude, and respect for teachers, peers, and the classroom environment. Proper care of equipment and fitness room machines is a requirement. Good sportsmanship will be expected of all students. Talking poorly towards or about other students will not be tolerated.
* Students may also receive grades for short written quizzes taken at the end of physical education units. These quizzes will rarely count for more than ten points and are meant to check for students’ understanding of major concepts and skills.
* Quarter grades will be calculated using total points. Semester grades will be calculated by averaging the two quarters’ grades together.

**ABSENCES AND MAKE-UPS**

* If students are absent for a PE day, they will receive a 0 out of 5 score for their daily point grade. To earn the points that were missed during the absence, students will need to complete a **PE MAKE-UP SLIP**. The goal of the make-up slip is to get students moving!
  + Students will pick a slip up from Mrs. Maharg, complete 30 minutes of an approved physical activity on their own time, have a parent/guardian or coach sign off on the completion of the activity.
  + Turn the slip back in to Mrs. Maharg **before the end of the current quarter**.
  + Grades will be adjusted in the grade book to reflect on-time make up slip turn ins (students will receive 5 points for the day they missed.) If students fail to turn in a make-up slip, the students’ grade will remain a zero in the gradebook.

**FITNESS TESTING**

* Students will be required to participate in fitness testing to test various components of physical fitness at the beginning and end of each school year. These fitness tests are administered across the district and help teachers gauge student progress. These tests will include:
  + Push-ups
  + Curl-ups
  + Sit and Reach
  + Pacer test/ timed mile

**DRESS**

* Students will not be dressing out for PE, and we will not be using locker rooms.
* On days they have PE, students need to come prepared wearing clothes they can comfortably move in. **They MUST wear appropriate footwear every day for PE.**
  + **Shoes**: **Athletic shoes with laces that can be tightened and stay tightened**. NO hiking boots, cowboy boots, snow boots, sandals, flip flops, crocs, “Hey Dudes,” or slip on-types of shoes (including slip on Vans) will be allowed in order to care for our gymnasium floor and to ensure the safety of our students.

**INJURIES AND DOCTORS NOTES**

* A parents note will excuse a student from ONE day of physical education. After that, a doctor’s note is required to excuse the student from participating in PE class. When requesting a doctor’s note, please ask the provider to include activities the student CAN do to help keep the student engaged in physical activity. If the doctor’s note completely excuses participation, the student may be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc.) to earn their daily point grade.

**CELL PHONES**

* Cell phones are not to be brought out during class time unless instructed/given permission beforehand by Mrs. Maharg. Discipline regarding cell phone use corresponds with the school policy outlined in the school handbook.

**MISCELLANEOUS**

* We highly encourage students to bring a reusable water bottle to use during class time.

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**Please have a parent/guardian sign this syllabus to confirm that they have read and understand the expectations for physical education class. Cut along the dotted line above. Keep the syllabus and return your signed slip to Mr. Christensen by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Note:** Don’t forget to take the optional syllabus quiz on Microsoft Teams! If you score above an 80% on the quiz, you will receive 5 bonus points from Mrs. Maharg. Quiz must be completed by the due date on Teams to receive credit.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_