**Physical Education Syllabus**

**Instructor: Mr. Bygd**

Physical Education is one of many subjects in the school curriculum necessary to help meet the needs of students and assist them in achieving a well-rounded education. The Physical Education staff at the Turtle Lake School District is looking forward to working with you in making the school year a successful one.  In order to ensure success, please read through the Physical Education Course Outline.

**Course Objectives**

* Students will demonstrate knowledge and understanding of each unit by performing skills related to each specific unit.
* Students will actively participate in activities that promote lifelong physical activity.
* Students will assess current fitness levels and learn how to develop a personal fitness plan.
* Students will demonstrate cooperation skills, teamwork and positive personal/social behaviors.

**Course Requirements**

* **Uniform**- students are required to be dressed into appropriate physical education attire daily.
  + Shorts and tee shirts to be left at school.  (No boxers, excessively cutoff T-shirts, jeans, short shorts, spandex shorts) offensive language as well as references to drugs or alcohol on clothing will not be allowed.
  + Please be considerate to others, no underwear should be visible.
  + Athletic shoes and socks.  Shoes must have non-marking soles.
  + Sweatshirt and pants for cold weather.  (No jeans)
  + Clothing is to be laundered on a weekly basis and is NOT to be interchanged with other students.
  + If a student does not dress down for class they will receive ½ credit maximum if they still participate (exception- students will receive 1 free pass for forgetting to bring clothes each semester)
  + If a student **does not dress down or chooses** not to dress down for 4 or more classes he or she will receive a 0 for each day and will not be allowed to participate in the class activity (instructor will assign alternate activity ex.-walking).
* **Swimming-** swimming is part of the Turtle Lake PE curriculum.  Students are required to bring a swimsuit to school for the days that the swimming units are held.  Towels will be provided but students may want to bring their own from home
  + **NO PARTICIPATION IN SWIMMING –** doctors note is required prior to swimming unit (student must talk with instructor to come up with a plan to make up points). Will receive a 0 if not doctor’s note and refusal of swimming.
* **Lockers**- at the beginning of each semester students will be assigned a locker.  Students may check a lock out from the school or bring their own lock from home but you must notify and report it to the teacher.  Keep your own locker and do not change lockers or locks with any other student.  Any lost school locks will cost $5.00.
  + Put your clothing or any other personal items in the locker **before** leaving for class.
  + Do not bring any valuables into locker room.
  + Do not store any food in your locker.
  + Absolutely **NO CELL PHONES** in the locker room or class- if saw they will be taken and given to office
  + **THE SCHOOL IS NOT RESPONSIBLE FOR YOUR LOST OR STOLEN ITEMS.**
  + **LOCK YOUR PADLOCKS!!!!!!!!**
* **Dressing**
  + Students will be allowed four (4) minutes to dress at the beginning of class once the period tone has sounded.  Four (4) minutes will also be given at the end of class to change and get ready for the next hour.
* **Attendance**
  + If a student is tardy they will lose 3 daily participation points automatically.
  + If a student is tardy more than 3 times in a semester the penalty becomes loss of 5 points and they will be written up in skyward.
* **Grading**
  + (Affective) Participation and attitude- 60%      50 points weekly, 10 points possible daily-  Overall Attitude/Sportsmanship, self management and participation in class.
  + (Psychomotor) Individual Performance- 30% Improvement on fitness scores and measurables - 10 points weekly
  + (Cognitive) Classwork- 10% Class assignments, take home sheets, exercise plans, etc.…

* **Illness and/or Physical Disability**
  + Physical Education Excuse: Students who are ill and cannot participate in physical education classes may be excused from participation by parental request to the teacher or the office. (must perform alt. activity to receive daily points ex.-walking, pushups, sit ups)
  + In case of a need for extended excuse (3 or more days) from participation, a doctor’s note requesting non-participation is required and must be presented to the office and instructor.
  + Alternative Physical education: A student with a temporary medical condition may participate in an alternative program with teacher leader approval. The doctor’s recommendation shall guide a teacher’s decision-making about the student’s program.
  + A student who cannot participate in a physical education class, due to a medical reason certified by a doctor, must:
  + 1.       Engage in activity during class deemed appropriate by the attending physician
  + 2.       Engage in an alternative standards aligned activity arranged by the teacher.
  + **NO PHYSICAL EDUCATION PARTICIPATION - NO ATHLETIC PARTICIPATION!!!**
* **General rules**
  + No one should enter the equipment room without permission
  + Never use Equipment until told to do so by the instructor
  + No Cell phones in class or the locker room at anytime- due to privacy issues
  + Report all accidents and injuries immediately to the instructor

**EXPECTATIONS**

Classroom expectations of all students enrolled in Physical Education Courses at the Turtle Lake school District are intended to meet State and National Physical Education standards.

**Students will**:

* Be on time for class **(you have a total of 8 minute from the first bell to get into the gymnasium)**
* Be dressed appropriately for the activity
* Have a positive attitude and display respect for others while showing a willingness to try to do his/her best at all times
* Display ability to work as a member of a team and assume a position of leadership when asked
* Abide by prescribed safety policies and display self-control at all times
* Use equipment properly
* Display use of appropriate language

**Make up work- (Must be completed within 2 weeks of absence)**

* Students may elect to make-up absences in order to receive missed participation points.  It is the responsibility of the student to make arrangements with their instructor to complete all make-up work.  The following guidelines apply to make-up work.
  + Only one period may be made up per day.
  + The activity used must be at least 45 minutes in duration.
  + A completed make-up form (available from the PE bulletin board or online) must be turned in to the teacher.
* **Written Make-ups**
  + You may choose to do written make-up packets to earn back your participation points.  It is your responsibility to ask your instructor for the packet or look online.  It must be completed within 5 days of receiving it to earn back all credit.
* **Make-up from Home**
  + I will accept **2 make-ups** from home signed by your parents.  Make-ups include (picking up or printing out a form and completely filling it out including parent/guardian signatures) students must be physically active for at least a 45 minute duration to earn full credit then turned back into instructor.
* **Sports, Fitness center, pool, or Gym Make-ups.**
  + You may make-up participation points outside of school, at the fitness center, open gym, or the pool.  Forms must be fully completed and signed by a supervisor (**other than parent**) who has witnessed you being active for at least 45 minutes.

**Late work- PE assignments or tests that are deemed late will receive a max score of 50%**

**STUDENTS:  PLEASE REVIEW WITH YOUR PARENTS/GUARDIANS.  BRING BACK SIGNED AND INITIALED BY BOTH OF YOU.  FORMS NEED TO BE TURNED IN 3 DAYS AFTER RECEIVING FORM.  IF NO FORM, NO CLASS PARTICIPATION AND NO DAILY POINTS.**

**Parents/Guardians**, if you have any questions about our program and policies or any concerns about your child’s progress during the year, please contact me at

715-986-4470 ext. 2222 or email nbygd@turtlelake.k12.wi.us.   Grades and comments will be posted weekly to keep you informed on your child’s progress.

Sincerely Mr. Bygd

Please check one of the following:

\_\_\_\_\_\_My child may participate FULLY in all physical education activities

\_\_\_\_\_\_My child is LIMITED in physical education activities because:

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**I have read and understood the information pertaining to physical education requirements, policies and procedures.**

\* (Both student and parent/guardian please initial each category)

* Required clothes for both indoor and outdoor PE classes \_\_\_\_\_\_\_\_\_\_
* Responsibilities with lockers, locks and cell phones \_\_\_\_\_\_\_\_\_\_
* Acceptable behavior in the locker room \_\_\_\_\_\_\_\_\_\_
* How to handle illness or physical disability \_\_\_\_\_\_\_\_\_\_
* Class expectations \_\_\_\_\_\_\_\_\_\_
* Grading rubric and policies \_\_\_\_\_\_\_\_\_\_
* Make up policies \_\_\_\_\_\_\_\_\_\_
* Late work policies \_\_\_\_\_\_\_\_\_\_

**Student Name (print)   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Grade\_\_\_\_\_\_**

**Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent   Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(number to call during PE class time in case of emergency)**