



Kecoughtan High School

10th Grade Physical Education Syllabus

www.khshealthandpe.weebly.com

Instructors

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Objectives:

- Foster an understanding for the need for improved physical fitness
- Develop skills and acquire knowledge necessary to pursue a healthy life style
- Encourage critical thinking necessary to develop positive attitudes and behaviors towards all aspects of physical and mental health

Dress and Participation in Physical Education

Each student is required to change into an appropriate uniform for P.E. class. It is recommended that students wear black shorts and a white or gray t-shirt to ensure P.E. students can be clearly identified and distinguish themselves from unauthorized students or trespassers. It should be labeled for easy identification should it get lost or stolen. It is the student's responsibility to have his/her uniform each scheduled class. Each student's uniform should be taken home each day for cleaning and prevention of theft.

A. Class Materials:

1. 3-Prong Folder w/Loose leaf paper (**NO** binders or notebooks accepted)
2. Pencil w/eraser

Note: Teacher will store the class materials for the student and pass them out when needed. Student will only take their folder home to study for an upcoming quiz/test. It is the student's responsibility to return their folder to the teacher the day of the assessment.

B. The uniform for the student is:

1. Athletic shorts, crew neck T-shirt, socks and sneakers
2. Sweatpants/sweatshirts are allowed to be worn over P.E uniform
3. Appropriate athletic footwear/non mark or scuff (shoes laced & tied)

C. Inappropriate wear for Physical Education class is: NO EXCEPTIONS!

1. Jean shorts, cut off shorts, shorts with zippers or buttons, or shorts in length or pants that don't follow school dress code policy (cheer shorts, tights or yoga pants, ect.)
2. T-shirts that are cut off, tank tops, shirts that reveal cleavage, have profane language, drug related messages, or gang symbols.
 - a. **NO JEWELRY** is recommended for your safety
 - b. Jackets that restrict movement in class.
3. Flip-flops, sandals, slippers, casual dress shoes, boots etc.

** A student who fails to dress completely and properly will lose all or some of the daily points for that day. Proper Dress is required to participate in Physical Education. Student who fails to dress out will be issued a written assignment to complete in class. Failure to do so will result in a referral for insubordination.*

Locker Policy Lockers are for class storage only, items are to be removed after each class! Any items left in locker will be removed and placed in the lost and found area.

NOTE: STUDENTS ARE TO SECURE ALL BELONGINGS. TEACHERS ARE NOT RESPONSIBLE FOR ANY LOST, STOLEN OR MISPLACED ITEMS. STUDENTS ARE HIGHLY DISCOURAGED FROM LEAVING VALUABLES IN THE LOCKER ROOM. THESE ITEMS SHOULD BE LEFT IN THEIR HALL LOCKERS!

Tardy Policy

A student will be considered tardy if he/she is not in the locker room when the tardy bell rings.

Procedures governing medical excuses:

1. A student may be excused from an activity for a period of **ONE DAY** with parents written notification. **After that day of an excused note from a parent, there must be a physician's, nurse or trainers note for further non-participation in P.E class.**
2. **All medical notes/excuses from parents must be taken to the school nurse prior to the start of class. Failure to comply will mean that the student may lose his/her right to be excused. Participation in class will be determined at the discretion of the nurse. Student is required to dress out.**
3. Report all injuries to the teacher **IMMEDIATELY!**

Physical Education locker room /gym rules

1. Students are required to change out of their school clothes and into their PE clothes. Failure to change into proper clothes is the same as not dressing out.
2. Once you have changed into PE clothes take a seat on the bench until you are dismissed to your assigned gym.
3. Do not bring food/drinks (other than water), iPods, cellphones, or book bags into the gym. ***Electronic devices will be taken and turned in to the dean if seen.**
4. If you have early dismissal, inform the teacher in charge of the locker room. Dress out for activity and bring all of your belongings into the gym.
5. Once the student leaves the locker room they are to sit in their assigned squad. Failure to do so in a timely manner will cause you to lose points off your daily grade.
6. Listen to all directions given by any teacher.
7. Students are to return all equipment that is being used in the class to the instructor or the proper area in the storage closet at the end of class.
8. Students are not to abuse the equipment. Any student caught intentionally breaking or abusing equipment will be charged to replace the equipment.

Determination of nine weeks grade for Physical Education:

Dress and Participation	75%
Written assignments and test Average	25%

Physical Education Department Parent Signature and Contact Sheet

Attached to this form you will receive a copy of the class syllabus for you to keep.

PLEASE PRINT BELOW

Student _____

Class Period _____

Date _____

I have read the 10th grade Physical Education syllabus and discussed it with my child. I understand that my child will not be able to wear any type of jewelry in Physical Education class including recent piercings. Failure to comply with this policy will result in a non-dress for that class period.

PARENT/GUARDIAN Signature _____

Name of parent/guardian and relationship to the student.

1. _____

2. _____

Home Phone Number _____

Work Phone Number _____

Cell Phone Number _____

Email Address _____

Any Comments or Concerns _____

Please feel free to contact Mrs. Debra Rietscha (Health and Physical Education Instructional Leader) at 848-2192 with any questions or concerns. The PE staff wants this to be both a beneficial and enjoyable class for your child.