

C.E. Williams Mustangs

Physical Education and Health



Fall 2018 Syllabus

“Fit is not a destination, it is a way of life!” -anonymous

CE Williams Physical Education and Health Department

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The C.E. Williams Physical Education and Health Department would like to warmly welcome your child to Physical Education **and** Health class! If there is ever any questions, please do not hesitate to contact us. We are here to help!

GOALS OF PHYSICAL EDUCATION AND HEALTH

- The goal of **physical education** is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of physical activity.
- The goal of **health education** is to provide students with the knowledge and skills needed to lead healthy lifestyles.

COURSE DESCRIPTION

During this semester long course, students will experience a blend of time both in the gymnasium and in the health classroom. Students will be given the opportunity to learn a variety of sports and sport related movements as well as health and fitness concepts. Health will cover topics on nutrition, alcohol/tobacco/other drugs, physical activity, mental/emotional/social health, and injury prevention/safety.

GRADING

Report card grades will be calculated averaging the following two criteria together:

Participation
70%

Skill and Cognitive Assessments
30%

Participation Grade

A total of 10 points can be earned per class daily, and points earned will be weighed against the total number of school days scheduled during each week (ie. 5 days per week = 50pts). Participation will count towards 70% of a student's overall average in this class. The daily Participation Grade is broken down into the following three components:

	Classroom Participation	Prepared	Timeliness/Dedication
7pts	Always exhibits Respect, Integrity, and is Engaged		
5pts	Frequently exhibits Respect, Integrity, and is Engaged		
3pts	Generally exhibits Respect, Integrity, and is Engaged		
2pts	Inconsistently exhibits Respect, Integrity, and is Engaged	Fully dressed out in PE uniform and/or brings All required materials to health	
1pt	Rarely exhibits Respect, Integrity, and is Engaged	Partially dressed out in PE uniform and/or has brought Some required materials to health	Arrives on time to class or is tardy with a signed pass
0pts	Never exhibits Respect, Integrity, and Engagement	Has Not dressed out for participation in PE and/or has Not brought required materials to health	Arrives late to class without a signed tardy pass

Skill and Cognitive Assessments

Using rubrics, scores for all skill and cognitive based assessments given during both Physical Education and Health classes will be averaged together to make up one final assessment grade. Skill and Cognitive Assessments will count towards 30% of a student's overall average in this class.

- Test correction opportunities will be available to all students who wish to raise the Cognitive Assessment portion of their grade.
- Students who miss a skill or cognitive assessment due to an absence will be allowed to make it up without penalty.

EXCUSED ABSENCES

Since participation in Physical Education and Health is weighed so heavily, it is important your child is present for class every day. However, we understand that things come up, and students will miss school for a variety of reasons.

Excused Absences from School

Students will be forgiven up to two excused absences per quarter (cannot roll over) without it affecting their overall participation grade. On the third excused absence, a student's participation grade will start to be affected. If a student chooses, they may take advantage of the opportunities provided so they may make up any excused absences they have incurred to recover their participation grade before the marking period ends.

Medical Excuses

If a student needs to be excused from participation for a medical reason longer than one day, a note from a treating physician will be required. *If possible, please have the note indicate what the child can and cannot do (ie. modified activity- walking) and when they are cleared to return to full participation again.* Students will be allowed to make up participation points lost due to a medical excuse.

In the unfortunate event it is anticipated that student must sit out of participation for longer than 3 weeks, either the child will need to be switched to another ENCORE class or they will be given a long term assignment so they may earn credit for this class.

Participation Grade Make Up Options

Completing one of any of the below assignments will equal one make up for an excused absence. All assignments listed below are available for students to pick up outside of the main gymnasium doors.

- 1 page hand written reflection assignment about any topic related to Physical Education, Fitness, and/or Health
- Recess Physical Activity assignment
- Athletic Practice/Competition assignment
- In class reflection assignment and/or NEWSOLA article (Medical Excuse Only)

UNEXCUSED ABSENCES

No makeup opportunity will be available for an unexcused absence, and the student will receive a zero for the day (ie. refusal to participate, sitting out of participation without a note).

PE UNIFORM

Students are required to change daily for participation in Physical Education. This is for their safety and comfort. Locker rooms are available only for those students changing for class.

- Navy blue/black athletic shorts (shorts must be mid-thigh length) or black athletic leggings , plain white T shirt, and tennis shoes
- Sweatpants/athletic pants and sweat shirts may be worn in any color OVER the PE uniform

MISCELLANEOUS

- We are not responsible for lost or stolen personal items- INCLUDING cell phones; it is STRONGLY recommended that students leave their valuables locked in their assigned school locker
- Use of cell phones is not permitted during class
- Food or drink is not allowed in the locker room or the gym- ESPECIALLY chewing gum
 - Water bottles in class are only permitted with a treating physician's note

Please Return This Page to Your PE Teacher

Due Date: _____

Student Name (Print): _____

Class Period: _____ PE Teacher: _____

We acknowledge that we have read and understand the syllabus for the C.E. Williams Middle School Physical Education and Health course.

Parent/Guardian Name (Print): _____

Parent/Guardian Phone & Email: _____

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____