PHYSICAL EDUCATION SYLLABUS

I. Grading System

Student grades will be based on the following:
1. Participation/Dressing Out
2. Written Assignments
3. Written and Skills Tests
4. Fitness Gram
5. Final Exam (worth 10% of the student’s overall grade)

Letter grades will be given as follows:
- 90-100% = A
- 80-89% = B
- 70-79% = C
- 60-69% = D
- 0-59% = F

II. Participation

1. Points are earned by dressing out daily and actively trying to improve one’s skills and fitness level, in each unit of activity, in a spirit of cooperation and sportsmanship.

2. 300 points will be given to each student at the beginning of the semester for participation after the syllabus has been turned in to the teacher; in the total daily point category. Grades are weighted into two categories excluding finals. Participation/Deductions and unit tests are worth 90% of the total grade (written final exam and fitness gram) are worth 10% of the total grade.

3. Points may be deducted for the following:
   a. Not dressing out: Will result in a deduction of 10 points each incident.

      **NO make-ups are allowed for non-dress!!!**

   b. Inappropriate Behavior (Sportsmanship): Teacher’s discretion up to 10 points deducted
   c. Not actively engaging in Fitness/Aerobic Routines: 10 points deducted
   d. Removed from class: 10 points deducted
III. Attendance

A. Excused Absences:

Students are allowed 3 excused absences for the semester. Any excused absences beyond the 3 allowed will result in a 10 point deduction per absence. The student may make-up these 10 points (see below).

Make-up’s:
- Make-ups must be completed within 2 week of the absence. If the make-up is not completed within 2 week of the absence, the student can no longer get the points back.
- A “make-up” is 40 minutes of running. The make-up must be completed in the morning before school. Makes-ups can also be arranged with your teacher during advisement, lunch, or after school, or with prior arrangements with the teacher. The student must communicate with the teacher ahead of time.
- At the time of make-up, the student must check-in with the teacher, check-out with the teacher, and turn-in a completed “P.E. Make-up” sheet to the teacher.

B. Unexcused Absences:
1. 10 points will be deducted for each unexcused absence.
2. Unexcused absences cannot be made up.
3. Each unexcused absence will be counted as one of the 3 excused absences that a student receives.
4. Students leaving the class area before the bell rings will receive a 10 point deduction, with NO make-up allowed.

C. Suspensions:
1. 10 points will be deducted for each day suspended.
2. School suspensions can be made-up through the make-up policy (see above).
3. Suspensions must be made-up to receive the 10 point credit.

D. Tardies:

Each student will be given 5 minutes to dress out and report to class, after the bell rings. After that time, the student will be counted tardy. Points will be deducted in increments of two. On the fourth tardy the student will be served a school detention and for every tardy after four.

Point Deductions are as follows:
- All tardies will result in 5 point deduction; all unexcused tardies are 10pts deduction.
IV. Excused from Participation:

All students must have a doctor’s note to be excused from participation in class. ***We do not accept notes from parents to excuse from class.***

For all doctor’s notes requiring the student to sit out from participation, the teacher will choose from the following options for the student:

1. Assign a 2-page research paper (per absence) based on a physical education related topic.
2. Allow modified activities.
3. Implement the P.E. make-up policy.
4. A combination of the above options.

In the event that a student is very ill or injured, but cannot get a doctor’s appointment immediately, the student needs to provide the doctor’s information as soon as possible. If the non-participation is not cleared by a physician, it will be treated as an absence.

V. Dress Requirements

A. SHORTS or SWEATS (PE uniform is suggested)
   All shorts must be mid-quad length or longer!!!
   - No zippers or button flies.
   - No cut-offs.
   - Must be worn according to school policy.
B. T-SHIRTS (PE uniform is suggested)
   - Any white or grey T-shirt with sleeves, and one that does not have an inappropriate message on it.
   - Any T-shirt deemed inappropriate will be turned inside-out and is not to be worn again.
C. SHOES
   - Should not mark the floor and should be appropriate for the activity, and must be tied in front or it is counted as a no dress.
D. SOCKS are REQUIRED!
E. Excessive jewelry, or spiked jewelry, should not be worn during class time.

VI. Locks / Lockers

A. Locks are the responsibility of each student.
B. Each student will need to bring in a combination lock (no “key” locks, please).
C. The combination will be given to the teacher to have on file for emergency purposes.
D. Students will be assigned a locker room and locker to store their PE clothes.
VI. Fitness Gram Testing

1. Students will be assessed on each category listed below three times during this class. The first round of assessment students will earn full points for participation and best effort at teacher’s discretion. The second and third time students will be assessed on fitness Gram testing points will be earned based on standards outlined in point 3.

2. Students will be assessed on the following fitness Gram Test:
   A. Height = 2.5pts
   B. Weight = 2.5pts
   C. Sit & Reach = 5pts
   D. Curl-up = 5pts
   E. Push-up = 5pts
   F. 20 Meter Pacer = 5pts
   G. Mile = 25pts
   H. Fitness Gram Improvement (15pts)

3. Healthy Fitness Zone

<table>
<thead>
<tr>
<th>Tests</th>
<th>14yr</th>
<th>15yr</th>
<th>16yr</th>
<th>17yr</th>
<th>17+yr</th>
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<tbody>
<tr>
<td>Pacer</td>
<td>23-51</td>
<td>32-51</td>
<td>32-61</td>
<td>41-61</td>
<td>41-72</td>
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<tr>
<td>Mile</td>
<td>See chart</td>
<td>See chart</td>
<td>See chart</td>
<td>See chart</td>
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<td>Sit-n-Reach</td>
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<td>At least 12</td>
<td>At least 12</td>
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<tr>
<td>BMI</td>
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<td>16-25</td>
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<td>16.8-26</td>
<td>17.2-27.3</td>
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Boys

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<tr>
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<th>14yr</th>
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<th>16yr</th>
<th>17yr</th>
<th>17+yr</th>
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<td>51-94</td>
<td>61-94</td>
<td>61-106</td>
<td>72-106</td>
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<td>See chart</td>
<td>See chart</td>
<td>See chart</td>
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<tr>
<td>Curl-up</td>
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<tr>
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<td>9-12</td>
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<tr>
<td>Sit-n-Reach</td>
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<td>At least 8</td>
<td>At least 8</td>
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<td>16.6-26.5</td>
<td>17.3-27</td>
<td>17.8-27.8</td>
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<table>
<thead>
<tr>
<th>Mile Time</th>
<th>Points Awarded</th>
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<td>8:31-9:00</td>
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<tr>
<td>9:01-9:30</td>
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<td>9:31-10</td>
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<td>10:01-10:30</td>
<td>5</td>
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<td>10:30+</td>
<td>3</td>
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<tr>
<td>Fitness Testing improvement</td>
<td>Up to 15pts possible</td>
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Revised 8-12-15
PLEASE KEEP ALL ITEMS LOCKED UP AT ALL TIMES!
NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS!

PRHS
SYLLABUS & LOCKER FORM

STUDENT NAME (Please PRINT):_________________________________________ PERIOD: _____

PE CLASS:________________________________________ TEACHER:_____________________________________

We have read, discussed, and understand the attached grading procedures for this physical education course.

Student signature:_______________________________________________________________

Parent or Guardian signature:_________________________________________________________

Email Address: _____________________________________________________________________

LOCKER INFO . . . *to be filled out by the student*

1. Locker Room (check one) ___ Boys PE ___ Girls PE

2. Locker Number:___________

3. Lock Combination (no “key” locks, please):__________________________

4. Teacher’s Name _____________________________

Please complete this form and return it to your PE teacher by ________________

Revised 8-12-15