**Bullitt East High School**

**11450 Highway 44 East**

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# PHYSICAL EDUCATION I SYLLABUS

**Mr. Troutman**

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**Course Description**

- (Introduction to P.E.)  This course is the basic secondary physical education course required of all pupils.  Activities will include a mixture of team and individual activities selected according to the individual needs of the students.  A variety of activities will be introduced stressing the development of basic skill, fitness, and positive attitudes toward physical activity.

* Accommodations for students with special needs will be strictly followed in accordance to the special education department’s recommendations as well the information in the student’s IEP per board policy. If there is another special need that a student may need accommodations for (i.e. diabetes, asthma, etc.), we ask that the parent/guardian, doctor, or student make the instructor aware of these immediately.
* Methods of instruction may include but not be limited to: lecture, class discussion, peer teaching, modeling/demonstration, hands-on activities, group work, guest speakers, and instructional technology (internet, DVD, etc.)

**Grading Scale**

90-100 A

79-89 B

68-78 C

57-67 D

< 57 F

**I. Grading**

 **-**You will start with 10 points every day. Points will be taken away if you do not abide by the following:

**DRESSING OUT**

-No tank tops, sleeveless shirts, “short shorts,” and NO JEANS

-Students must wear some sort of athletic shoe (tennis shoe, running shoe, basketball shoe, etc.) No boots, dress shoes, flip-flops, or sandals.

-Students must wear socks at all times during PE.

-I strongly encourage you to change your clothes for PE because you will sweat in this class!

- If you forget appropriate clothes, you may still participate for ½ credit. If this becomes a constant problem, a parent will be notified and other consequences may occur. YOU MAY NOT PARTICIPATE IF YOU DO NOT HAVE THE CORRECT SHOES ON.

**PARTICIPATION**

**-**PE is an activity class. You are required to participate to the best of your ability. Written work is also required.

-If you choose not to participate for the day, you will be awarded with zero points.

-An average of daily grades, fitness tests, written quizzes, a portfolio piece, and a final exam (up to 20%) will determine your final grade. YOU MUST COMPLETE A PORTFOLIO PIECE TO EARN A PASSING GRADE.

**ATTENDENCE**

-If you are absent from school you will owe a 1-page paper for each day you are absent to make up for the day(s) you missed. You may write this paper on: any sport of your choice (covering the history, positions, levels in which played, strategies used during game, etc.), discuss a sports game you watched on TV, write a review over a sports article in the newspaper or magazine.

-I will take make-up work even if your absent isn’t excused, at any point in the semester. It is your responsibility to complete and turn in your work.

**II. Class Procedure**

-Students are to be in the gym when the bell rings and on their spot on the floor for attendance before class can start.

-Following attendance, students will go to the locker room to change, and be back on their spots in 5 minutes to begin class.

-Class will begin with a warm up (stretching and exercises), and a brief introduction explaining the activities for the day and relaying any information I may need to give to you.

-Students should copy any notes/rules that may be written on the white board before and after class.

-Anytime you hear a whistle or you hear the word “stop”, you are to stop what you are doing and listen. This means stop all movement, hold equipment, stop talking, and eyes on me. Students who do not follow this procedure correctly, will be subject to disciplinary action.

-Only the gym bathrooms and gym water fountains will be used.

-After daily activity, you will have time to go to the locker room to clean up and change clothes.

-After you have cleaned up and changed clothes, make your way out of the locker room and stand/sit on your spot and wait to be dismissed.

**III. Locker Room and Gym Rules**

-All classroom/school rules apply.

-No use of tobacco products or other illegal substances in the locker room or gym.

-No food, gum, candy, or drinks in the gym. You may bring bottled water to drink during class. Violation of this will result in a warning or possible custodial duty in the gym.

-ABSOULUTLY NO ELECTRONIC DEVICES ARE TO BE USED DURING CLASS WITHOUT PERMISSION. (cell phones, I-pods, PSP, cameras, etc.)

1. Follow directions

2. Be prepared for class

3. Respect your fellow classmates, teachers, PE equipment, school property, and other people’s property.

4. Keep a positive attitude and show good sportsmanship.

5. Give your best effort

Discipline Policy is as follows:

 1st warning – Student/Teacher conference during/after class

 2nd warning – Parent/Guardian will be contacted

3rd warning – Referral to principal

**IV. Tips for Success in this Class**

-Dress out and participate. If you consistently fail to dress out and/or participate you will fail!

- Give your best at all times!

-Ask questions if you don’t understand something.

-The theme of this class is teamwork. Respect your classmates, respect yourself, and respect your teacher. Negativity is not welcome in this class. Positive actions and thoughts bring positive results.

-For updates on field trips, classroom news, etc. Please text 81010 with the message @getfittbe. This is a remind.com software tool to help communicate important messages. Thanks again!