

Web Resource 2.2
Bret Harte Middle School
Physical Education Course Syllabus
Ms. Hackett

Course Objectives

This class gives all students equal opportunity in developing strength, endurance, flexibility, agility, and coordination. You will gain insights into your own abilities while self-evaluating and challenging yourself to improve throughout the school year. Improvement will be reflected not only through class activities and performance but also across academic lines. The main focus of the class is to increase self-awareness, self-esteem, cooperation, leadership, and sportsmanship.

California State PE Standards

1. Demonstrate motor skills and movement patterns needed for performing a variety of physical activities.
2. Demonstrate knowledge of movement concepts, principles, and strategies as they apply to learning and performance of physical activities.
3. Assess and maintain a level of physical fitness to improve health and performance.
4. Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
5. Demonstrate and use knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and performance of physical activity.

Overall Classroom Expectations

We care about every student in our classrooms, and we want every student to be successful. We encourage you to respect one another's learning experience. Therefore, we need to have a class that is safe and promotes everyone's learning. You will find the class expectations and policies that we discussed as a class as well as the consequences and rewards to ensure that we have the most productive classroom possible. Our goals are that everyone learns and is respected in this classroom.

Class Expectations and Requirements

1. You will dress in the proper school PE uniform (black or gray shirt and black shorts with laced athletic shoes). You may purchase the uniform from our student store for \$22.
2. You are expected to be in uniform every day.
3. You must put belongings in an assigned locker with your own combination and not share locker space with other students. The PE department will not take responsibility for lost items.
4. Be on time to class and prepared to participate in all class activities.
5. Be seated quietly in squad or roll-call order as soon as you arrive to the class area.
6. Do not use foul, abusive language and inflammatory actions. The BHMS discipline policy will be followed as necessary if problems arise.
7. All non-suits will be required to sit in the designated area or do work provided by the teacher and are expected to comply with all class rules.
8. Use good manners. Say please, thank you, and excuse me. Be polite!
9. Respect your teacher, classmates, equipment, and yourself. There will be no fighting or foul language used in class.
10. No food or drinks in class. Please enjoy your snacks before you get to the locker room.

Discipline Plan

The classroom discipline plan encourages you to make good decisions about behavior that will allow you to learn in a positive and nurturing environment. The plan outlines classroom rules, rewards, and consequences for appropriate and inappropriate behavior.

Rules

1. **Respect** yourself and others.
2. Follow directions the **first** time.
3. Come to class **prepared**, on time, and ready to participate in all activities.
4. Enjoy your snack before coming to class.
5. Follow the Bret Harte Middle School Student Code of Conduct and dress code.

Rewards

1. Verbal praise and smiles
2. Positive note home
3. Positive phone call
4. Knowledge
5. Increased respect from others
6. Increased self-confidence
7. Sport selection

Consequences

1. Warning
 2. Penalty box or private talk
 3. Negative surprise (including but not limited to trash pick-up, reflection essay, seat change, behavior contract)
 4. Student–teacher conference
 5. Phone call home
 6. Student–parent–teacher conference
 7. Referral
 8. Suspension
- *I may call home at any time.
*Severity clause: I will automatically skip to the **referral** if you put anyone including yourself in danger.

Grading Policy

1. Participation and attendance: 10 points earned per day (50 points per week)
2. You will not be able to earn points for the following:
 - A. Non-dress
 - B. Tardy
 - C. Non-participation or lack of cooperation
 - D. Violations of class rules.
3. Tests and assessments will also be given on skills and knowledge and rules of each sport.

Participation and effort	50%	Tests and assessments	25%
		Homework and assignments	25%

Attendances, Makeup Work, and Non-Suits

1. With an excused absences you have the opportunity to make up the days that were missed or activities that were excused.
2. You are responsible for obtaining the written work to make up the absence or excuse from physical activity.
3. You can make up non-suits by dressing 5 consecutive days in a row. This does not apply to repeat offenders.

Medical Excuses

You can be excused from participation in class for one or two days based on a note from parents. You can be excused from participation in class for three or four days based on a note from the school nurse. Medical excuses for five days or longer will require a note from a doctor.

Attendance and Tardy Policy

You are tardy if you are not sitting in squad order when I arrive to class. If you are running to sit down when you see me, you are already tardy. There is no standing in our class area. Students will be quiet and facing front. As soon as you exit the locker room you should go straight to class and sit down quietly. The third tardy earns you a U in cooperation.

Restroom Policy

You may use the restroom before school, during lunch, in the locker room, and after school, but not during class. For emergencies, raise your hand with your *fingers crossed* and I will try my best to make accommodations for you. For every minute it takes you to use the restroom, you owe me twice the minutes after school. For example, if you take 5 minutes to go to the restroom, you will owe 10 minutes after school.

Dismissal

The bell does not dismiss you; I do. Please wait for my signal before getting up to go to the locker room. Before you are dismissed, the equipment must be collected and our area needs to be free of trash.

Substitute Teacher Days

There are days when you will have a guest teacher and you are representing me. Please treat the teacher with the same level of respect that I expect from you. The same procedures will be followed and I expect the entire class to be well behaved. If there are any names left for discipline problems, I will deal with those students when I return. Consequences can include a call home to parents, after-school detention, and trash pick-up.

Contact Information

Bring any concerns or issues to me in class or immediately after class. Parents or guardians, should you have any questions or concerns regarding the course or your child's progress, please do not hesitate to call me at [phone number] or by sending an e-mail to [e-mail address].

Let us all come to class with our best attitudes, prepared to cooperate and achieve a high level of excellence. I look forward to a great, positive school year.

_____ **Cut here** _____

I have read and understand the course syllabus in its entirety and will cooperate in order to get the best grade I can achieve. I will work hard, attend class, dress, and treat myself and others with respect.

Student name: _____ Period _____ Date _____

Student signature: _____

I have also read the syllabus and will help my child in all aspects of the class.

Parent or guardian signature: _____

Contact number: _____