

Web Resource 2.1
Hollenbeck Middle School
Physical Education Department
Course Syllabus
2013-2014

Course Description

Physical education is a one-year course in the sixth, seventh, and eighth grades. Students work cooperatively to demonstrate manipulative skills, decision-making strategies, and movement concepts. Team sports include but are not limited to field hockey, lacrosse, volleyball, football, basketball, soccer, and softball. Students will participate in individual sports including but not limited to track and field, badminton, and handball. The major emphasis will be exploration.

Course Objectives

The middle school program includes many sport activities new to the students. These activities provide an opportunity for learning the skills, rules, and attitudes necessary for learning the team and individual sports. The objectives are in five main areas:

1. Skills in team and individual sports
2. Physical fitness
3. Self-improvement, social development, and interactions
4. Good sporting behavior
5. Recreational interest

Class Expectations

1. Proper dress: red shorts, school T-shirt, and athletic shoes
2. Daily active warm-up related to physical activity consisting of various calisthenics
3. Introduction to activities
4. Demonstration of activities
5. Practice and review of skills learned

Homework

Homework assignments will be assigned and due when directed by the teacher.

Discipline and Behavior Policies

Students are expected to follow all guidelines set by the teacher:

1. Students must be on time and sitting down in their roll-call order.
2. Students must be dressed appropriately for PE.
3. Students must actively participate in all class activities.
4. Students must show respect for all teachers, students, and equipment.

Consequences for Not Following Classroom Policies

Students earn daily points for their participation and behavior. Violation of any set policies will result in a loss of some or all points according to teachers' discretion.

Grading Policy per Semester

You begin with an A, and it is your job to keep it!

90%-100% = A	450-500 points
80%- 89% = B	400-449 points
70%- 79% = C	350-399 points
60%- 69% = D	300-349 points
0% - 59% = F	0-299 points

Locker Room Procedures

In physical education, we deal with extremely crowded conditions. Rules are enforced to ensure the safety, responsibility, and respectfulness of every person entering our area.

This is a student–teacher–parent contract that must be followed to ensure safety

I have read and understand the rules and regulations of Hollenbeck Middle School physical education department.

1. Student's name: _____
2. Teacher's name: _____
3. PE period: _____
4. Parent signature: _____
5. Student signature: _____
6. Cell phone number: _____
7. Permission to videotape and photograph class activities: Yes _____ No _____
8. Please list any medical conditions:

Please return this page to the physical education teacher ASAP.