Physical Education

Coach Young

Rom 277C

**Course Description:**

We will concentrate on all areas of physical development. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills - along with encouraging students about nutritional needs. Students should be aware that “safety,” exercise, and proper nutrition are critical components of Physical Education.

**Expectations:**

Gym attire will be required in two weeks. Prior to then, students should wear or bring sneakers in order to participate.

Students are to participate in all class activities unless the student is ill or has a doctor’s excuse.

* Exercise Regimen, to include running/walking
* Team Sports
* Fitness Gram

**Dress for Physical Education:**

* **Bring water bottle** for hydration purposes. Sneakers
* Shorts or sweatpants
* T shirts/active-wear type shirts or sweatshirts
* No tank tops or spaghetti strap shirts or crop tops
* Remember -Dress out clothes = (appropriate shirt, shorts, pants, and athletic shoes)

If you are not dressed out, it will result in an automatic 70%. You may still participate even if you're not dressed out.

Students will be informed ahead of time when there is an **outdoor activity** and should dress for heat/cold

**Classroom Rituals and Routines:**

1. Report to room 277C at bell.
2. We will go to locker rooms upon my readiness.
3. Students have 5-7 minutes to get dressed.
4. Students should not leave any unlocked personal property that is deemed valuable to him/herself.
5. Do not enter the gym without permission, we enter the gym as a class.

6. Students will dress in proper attire. This includes an appropriate T-shirt, shorts, sweatpants and socks, and athletic shoes. All apparel must meet the school dress code (NO sleeveless, or crop tops or tank tops).

7. Students are expected to be RESPECTFUL of the rights of others. Raise your hand before speaking. Be quiet while others are talking. Respect all property in this classroom, locker room, and gym! If it’s not yours, LEAVE IT ALONE!

8. Students are expected to follow the school rules and codes.

9. “WATER” only, no food, or gum are allowed in the gym or classroom.

10. Attendance is an ESSENTIAL part of learning! Students are responsible for missing work when they return from an absence.

11. If you need help, ASK! If you don’t understand, ASK! If something is wrong, ASK! If you need anything, ASK! Use class time wisely!

12. No boys are allowed in the girls’ hallway and no girls are allowed in the boys’ hallway during P.E. without permission from the teacher

13. When you hear the whistle blown or the intercom, stop to listen for directions.

**Major Course Projects & Instructional Activities**:

All students that are enrolled in Physical Education class in the state of Georgia are required by law to participate in the Cooper Institute FitnessGram Test. FitnessGram is a complete battery of health-related fitness items that are scored using criterion-referenced standards. These standards are age and gender specific and are established based on how fit children need to be for good health. Students will be tested in the following areas: Body Mass Index (BMI-height and weight), the PACER run, Curl-up (abdominal strength and endurance), 90-degree push-up (upper body strength and endurance), Back-saver sit and reach (flexibility). This test is designed to assess the Five Components of Physical Fitness listed above.