



Physical Education Syllabus

Room: Gymnasium/Pool/Weight Room/Aerobic Room

Teacher:	Mr. Byers	Phone: 412-896-2349 x7871
	Email: dbyers@efsd.net	
	Mrs. Miele	Phone: 412-896-2349 x7876
	Email: kmiele@efsd.net	
	Mr. Flaus	Phone: 412-896-2349 x7871
	Email: mflaus@efsd.net	

Website: <https://www.efsd.net/Domain/8>

- Click “teachers” link and select assigned teacher to access course information
- Students will be responsible for using “Canvas” to access PE assignments or resources related to course.

Physical Education Mission Statement:

The mission of the Elizabeth Forward Senior High School Health and Physical Education Department is to promote healthy living. When individuals are in good health, they have the energy to enjoy life and pursue their dreams. Students will be taught the benefits of making healthy choices and practicing healthful behaviors. Our focus will be to promote wellness, increase knowledge, and encourage the practice of a healthy lifestyle.

Due to Covid-19, some aspects of this class may be postponed or eliminated. Areas with * are currently postponed

Covid Protocol:

- Students will report directly to the gym and place personal items in designated areas
- Students will not be using Locke rooms
- Students are required to wear sneakers for PE class as well as a mask while indoors
- Students are recommended to wear comfortable clothing or athletic attire for class.
- Students must remain 6 feet apart at all times in order to follow safety protocol
- Students at times will have their own personal equipment for individual skills, games, and training sessions.
- All equipment is required to be wiped down with disinfectant after each class
- Students are encouraged to bring their own water bottles to class
- Classes will be going outside as often as possible.
- Please plan accordingly: (bring hat, sunglasses, sunblock)
- Masks must be worn at all times indoors unless instructor deems it safe to give a mask break. Repeated reminders to wear mask correctly will result in disciplinary action.

Grading:

All grades will follow the EFSD grading scale and will be determined by total points earned/total points possible. Semester and final grades will reflect the cumulative total points from each 9 weeks.

A=100-90%

B=89-80%

C=79-70%

D=69-60%

F=59-0%

Grading Categories and their Weights:

- Class work/Participation: **(Formal Assessments)**: Approximately 90% of total grade, 10 points per day, recorded daily. Students daily points are determined by: following the daily grading scale and the level at which the unit/daily course objectives are met.
- Written Assessments, Quizzes & Activity Extension Assignments **(Formal and Informal Assessments)** may be added at the teacher's discretion via Canvas.
- ISS students will be issued a written assignment equivalent to points missed per day
- **No student will be excused from physical education class in order to complete work for another class.**

Physical Education Daily Grading Rubric:

10 Points Per Day:

(2) Dress (2) Warm-up (6) Participation/Sportsmanship

Content:	Advanced	Proficient	Basic
Points	10-8	7-4	3-0
Participation /	Always respectful, encourages others, shares, no put-downs or profanity	Respectful most of the time, takes turns, takes care of self	Often requires interventions, displays disrespect & selfish behavior
Sportsmanship	Actively involved, great effort, on task during all parts of class, Demonstrates proper <u>safety</u> at all times and follows all rules the first time	Generally involved, good effort in most parts of class, minimal reminders Sufficiently demonstrates proper <u>safety</u> and follows directions most of the time	Minimal effort displayed, on task part of the class Occasionally displays <u>unsafe</u> behavior & follows directions part or none of the time
Warm-Up	Actively involved in all parts of warm up	Generally involved in warm up	Minimal completion of warm up
Dress	Wearing mask, sneakers, comfortable clothing or athletic attire		Inappropriate shoes Students are required to complete written assignment for 2 points or walk track

General Class Policies and Procedures:

- Students are expected to arrive to class on time.
- Students may enter the gymnasium by the nurse's office or main lobby / media center only
- You have 5 minutes to change in locker room and report to "Roll Call Wall" for attendance and warm up (**line up in alphabetical order**)
- Leave cell phones and personal valuables locked up in locker room **YOU ARE EXPECTED TO LOCK VALUABLES UP WITH YOUR OWN LOCK. ITEMS NOT LOCKED WILL NOT BE SEARCHED FOR.**
- Do not play with any equipment in the gym or enter the equipment room unless authorized by PE teacher
- All students may dismiss from either scoreboard wall in the main gym.
- Leaving class early is considered a class cut and will result in a zero for class and an issued office referral.
- Please report ALL major and minor injuries to PE teacher
- Wait for PE teacher to open front door entrance upon completion of outside activities. **DO NOT RING BUZZER!**
- WALK AROUND CARS TO ENTER STADIUM...NOT THROUGH THEM!

Academic Integrity:

- Display good sportsmanship
- Practice self-control
- Be respectful to all abilities
- Set realistic goals
- Given an honest effort during all fitness testing assessments
- Do not disrespect peers, equipment, facilities, or instructor
- Do not settle for less than your best effort
- Do not jeopardize class safety for personal gain
- Do not ignore rules
- Do not manipulate fitness assessment technology

Physical Fitness Testing:

- Will be used to assess student's strengths and weaknesses in the following physical fitness components: **aerobic capacity, muscular endurance, muscular strength, flexibility, body composition, speed, power, reaction time, agility, balance, and coordination.**
- Helps students understand how healthy they are and learn to set goals to improve their personal health and wellness.
- Testing will take place twice a semester (pre and post) so students can see how much they improve (**each test is worth 5 participation points = 60 points**)
- **Student performance on these tests will not affect their overall grade**
- Students who improve on 6 of the 12 fitness tests will be recognized with a certificate at the end of the semester.

Class Expectations:

1. **Participation/ Sportsmanship:** Encourages others, takes turns, shares with classmates, and does not put others down. Honor the commitment of others in your class by giving fully of yourself. Be respectful to the class, the teacher, and the equipment.
2. **Effort/ Participation:** High level of participation, always on task, consistently pushes self, prepared for class activities.
3. **Warm-Up:** prepares body for movement activity and minimizes risk of injury
4. **Safety:** Be safe. Create a level of safety so that other people can relax and feel comfortable.
5. *** Dress:** Student dresses in proper physical education attire which includes appropriate top, athletic shorts or pants, and shoes.
6. **Important Reminders:**
 - Elizabeth Forward School District has a zero-tolerance policy for the harassment and intimidation of others.
 - Foul language will not be tolerated.
 - Students are not permitted in the locker room area during classes without teacher permission.

***Dress:**

- Any student who does not have proper shoes **cannot participate** in activities.
- Any student who does not dress for class will be required to complete a 2-point assignment to complete at a designated area of the gym
- Students will have **5 minutes** to dress from the time that the late bell rings before being considered tardy. Multiple tardies will be assigned a teacher detention according to school policy.
- Dress Requirements:
 - Finger-tip length shorts or athletic pants
 - No cut offs, short shorts/spandex, tank tops, showing mid-drift
 - Sneakers must be laced and tied
 - No big jewelry (earrings, chains, etc.)
 - Locks are strongly suggested during PE.
 - **You must provide your own locks.**
- **ONLY BRING YOURSELF TO CLASS**
- **ALL TECHNOLOGY AND BELONGINGS SHOULD REMAIN IN LOCKEROOM LOCKED UP!**
- The Elizabeth Forward High School is not responsible for any lost or stolen items left unlocked by students!

Medical Excuses:

- Students are permitted One – “1-day parent medical excuse” per 9 weeks
- Students missing more than 2 days due to medical reasons may only be excused from physical education with a medical excuse from a doctor. No parent notes will be accepted. The school nurse can excuse a student from class in an emergency sickness. Students must obtain a note prior to coming to class.
- Students must submit a doctor's release to participate in PE class again.
- **Short Term Medical (1-3 weeks):** Students who are excused from all types of physical activity will be required to complete a written assignment during class AT A DESIGNATED AREA.
- Failure to turn assignments at end of class will affect daily grade percentage.
- **Long-Term Medical (> 3 weeks):** – may jeopardize credits needed for graduation and need to be handled through the student's guidance counselor and Physical Education Teacher. ***The course may need to be rescheduled at a later date to earn the necessary credits for graduation or student will be placed in study hall to complete extended written assignment.***
- For liability reasons, any student that presents a medical excuse will not be permitted to participate in physical education class or school athletics until medically cleared.

Adhere to the PBIS Classroom Expectations:

- Be Safe
- Respectful
- Accountable
- Victorious
- Enthusiastic



PE Discipline Policy:

IF STUDENT MISBEHAVES:				
Minor Behavior:				Major Behavior:
1 st Offense	2 nd Offense	3 rd Offense	4 th Offense	1 st Offense: Teacher will complete and submit office referral form
warn student	Conference w student	Remove from activity, teacher detention, lunch detention	Submit Office Referral Form	
	Complete ABE Log	Contact Parent / Log in Powerschool	Contact Parents & Log in Powerschool	
		Complete ABE Log		

RETURN A.S.A.P TO YOUR P.E. TEACHER

We have read and discussed the Physical Education Syllabus and understand what the expectations, policies and procedures are for Physical Education class.

Student Name _____ Class Period: _____

Student Signature

Date

Parent/Guardian Signature

Date

Parent/Guardian Contact Information

Phone # _____

Phone # _____

Email _____

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We would like to publicly acknowledge those students who excel in our units.
Please check the box if you are okay with your child being recognized.

Comments/Medical Conditions or Concerns we should be aware of:

