

Physical Education Syllabus

Alvin C. York Institute (School Motto – *Prepare & Excel*)
Coach Hurst
2018-2019
Phone: 879-8101 Email: jhurst@york.k12.tn.us

Course Description: In Physical Education, a physically educated person will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Statement of Purpose: I am here to teach, you are here to learn. Interference with my teaching or someone else's learning will NOT be tolerated! Physical Education is essential to your health. Health Education is the pathway to a long life.

Expected Behaviors:

- 1) Be in the gym before the bell rings.
- 2) You are expected to wear athletic attire. (Every day you fail to dress out results in Minus -3 point Particip)
 - a. T-shirt, athletic shorts (cannot be shorter than 3 inches above the knee, running shoes)
 - b. Attire must stay within school dress code
- 3) Respect other people and their belongings.
- 4) You are expected to PARTICIPATE every day in physical activity. (Failing to do so is -3pts Participation)
- 5) You must remain in gym until bell rings.
(All other school rules and policies must be followed as well)

Rewards:

- 1) GOOD JOB!!
- 2) Free Athletic Time

Consequences:

- 1) Conference with student
- 2) Activity Period / Letter Home
- 3) Referral to office/AI

Severe Clause: Disrupting class, cursing and/or defying the teacher, or endangering the teacher/student will not be tolerated and results in immediate removal to the office.

Tardiness: I follow school policy. If you are not in the GYM when the bell rings you are considered tardy.

Electronic Devices: DO NOT BRING CELL PHONES/ IPODS INTO GYM, THEY WILL BE TAKEN.

Hall Pass/Note: Must take hall pass when you leave GYM and must get note from nurse/guidance.

Restroom Procedure: P.E. time is valuable and I expect you to go to the restroom before class. BATHROOM BREAKS WILL BE LIMITED UNLESS GENUINE EMERGENCY. Be respectful of this privilege - it is not a right.

Participation: I expect everyone to participate every day. Your participation will directly affect your grade.

Absences: Try your best to be at school. Everyday missed is a 2 point deduction from your Attendance grade.

Late Work: *Any timed miles missed must be made up.* Failure to do so within a 5 day period will result in an automatic zero.

Accommodation Options – All IEP's, 504's, ILP's will be followed per state guidelines. Students with issues that are not easily apparent should meet with the teacher at first available opportunity to determine options.

Class Activities

- 1) Class will stretch as a group every day before activities.
- 2) Students will complete a 10 minute walk-run every day (except Friday). You must either walk or run. (Both)
- 3) Every Friday there will be a timed one-mile run. Your grade will be greatly based on this activity.
- 4) Class will participate in activities including Basketball, Volleyball, Corn-hole Toss, Golf, Ultimate Frisbee, Wiffle ball and possibly a trip to the bowling alley. etc. You are expected to participate every day.

Grade Scale

Timed Mile – 50% (Last timed mile counts twice)

Participation – 30%

Attendance – 20%