**P.E. Syllabus 2018-2019**

**Contact Information**

Coach Wilson

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Coach Lemos

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**Course Description**

Students will learn the basic fundamentals, skills and knowledge to live an active and healthy life style. Students will also learn how to warm-up, stretch and learn multiple exercises to develop upper and lower body strength.

**Goals/Expection**

The goal of Barber Middle School Physical Education program is to provide students with the basic skills for a variety of sport and fitness related activities, so that each individual can pursue and enjoy a lifetime of activities which are of interest to them, while working to meet the State and National Physical Education Standards. Accountability, teamwork, and respect are the foundation for a successful physical education experience. Each class will consist of a Brain Exercise, ten to fifteen minute dynamic warm-up/workout, an opening to the day’s lesson, and participation/closing in the class activity. Students will work individually, with partners, and in groups. Each individual needs to respect the ideas and abilities of his/her fellow classmates while contributing to a positive learning environment.

We will continue to monitor and encourage each student to improve and set goals for their individual health and fitness, through the use of the Fitness Gram Testing, which will take place in the fall and again in the spring for all students.

**Grading**

**Participation 80%**

Most of the student’s grade will be based on participation.  Participation includes active participation in exercises, drills, games, and sports on a daily basis. Each student must participate in every daily activity or event when able. Students with health or injury issues must deliver a note from either their parent or doctor or school nurse when unable to participate.  Such students should be prepared to take notes or do an assignment relating to the day’s activity. Students must wear appropriate gym shoes to participate on the gym floor/field. Students must practice good sportsmanship on daily basis.

Good Attitude, Coachable, Team Player, Respectful, Integrity and Unselfish.

**Test 20%**

Students will be given an oral test at the end of each unit. The test will cover all of the skills that were our primary focus during the unit and rules/regulations of the sport. Students must practice good sportsmanship on daily basis.

**Discipline Guidelines**

Students will be given one verbal warning for misbehavior. The second warning, the student will be sent to a specific area where he must remain quiet until Coach can direct his attention to him. The student will prepare himself to perform a **“DO RIGHT”-** Physical exercise such as, burpees, pushups, air squats etc. Coach will then check for understanding before the student returns to the activity. Failure to follow directions on the second warning will result in permanent removal from the day’s activity and parent contact. Further disciplinary action may be required depending on the nature of the disruption. Repeat offenders may be subject to one or more of the following disciplinary actions

a.     Additional physical activity, **“DO RIGHTS”.** (Ex. pushups, sit-ups, wall sits, etc.)

b.     Additional writing activities. (Ex. discipline lines, rules, behavioral adjustments, respect/bully/apology paper, etc.)

c.     Parent/Guardian Contact – A phone call home may be necessary to ensure a parent/guardian is aware of the poor behavior in efforts to help create a solution for it.

d.     Parent/Guardian Conference – A specified time to meet parents/guardians in person to discuss a discipline contract for the student.

e.     Office Referral – A “write-up” to the Principal office.

f.     Immediate removal to a principal if necessary.

Serious offenses will be dealt with immediately and we will go straight to Grade Level office. Such offenses may include, fighting, bullying, and harassment of any kind, serious safety infractions and any theft of personal property. Destruction of school property (equipment or gym floor or walls) will not be tolerated.  Students will receive immediate removal and be responsible for a monetary fine.

If you have further questions or concerns, please feel free to call or email us anytime.

**Thank you for your support!**