**McAdams Junior High School – Boys Physical Education Syllabus**

**Teachers:**  Coach Guillory, Coach Adamek and Coach Guidry

**Telephone:** (281) 229-7298, (281) 229-7167, (281) 229-7233

**Conference Period**: 6th Peroid

* + The Gator Way-Respectful, Responsible, and Involved
	+ The Gator Way look like we’re: Locked in (1,2!) to our coach, Completing our assignments, and Staying Active.
	+ Consequences: Frog Hops, Track time, Swamps, Loss of Game Day.

**Objective** – To provide an opportunity, for all students to develop skills, interests, and appreciation for sports that last throughout a lifetime. Students will be offered several activities to participate in during the course of the semester.  These activities may include: Cardiovascular fitness (Track), Football, Soccer, Basketball, Kickball, and Game Days (Tournaments).

**Requirements of the class:**

1. Dickinson PE - Shirt and Shorts (Buy)
2. All students are required to **DRESS OUT!**
3. A good supportive pair of tennis shoes

**Grading Policy:**

1.  Participation (Formative) - 55 % of average

1. Weekly averages will be given for participation and Dressing out.
2. Each teacher will determine his or her own assessment procedure for participation.

2.  Skills/Fitness Test (Summative) - 45% of average

**Locker Room**:

1. Everyone receives a locker with a lock on it and the combination.
2. Your locker is your responsibility.

**Behavior**:

1. No Horse Play
2. No Cell Phones / Cameras
3. No Food or Drinks
4. Pick Up After Yourself

                          

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**P.E./Athletics Classroom Management Plan**

**Requirements of the class:**

1. Dickinson PE - Shirt and Shorts (Buy)

2. All students are required to DRESS OUT!

3. A good supportive pair of tennis shoes

**Procedures**

1. Students will walk into the gym and have a seat at their designated spot, crossed legs with backpacks on the right while waiting for further instruction.
2. Students will be released in waves to the locker room where they will get dressed for the day.  Students will have five minutes to get dressed and to get back to their spots. While one group is getting dressed the other group will be stretching.
3. Students will participate in a daily warm-up.  Students will have a specific line in which they will complete their warm-up.  The warm-up will include high knees, karaoke, skip jumping, and kick butts.
4. Students will participate in the daily activity.
5. Students will be released in waves to the locker room to get dressed.  They will sit in the bleachers until the bell rings.

**Coaching signals**

1. Long whistle-students respond “One Two”.
2. Coach says “Gators”, students responds “Break”.
3. Nonverbal cue-Coach will hold up hand-Students expected to be silent with eyes up.

We expect all of our students to follow the **Gator Way!** (Respectful, Responsible, Involved)



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Please Visit this site to read over the Boys Physical Education Syllabus.

*http://schools.dickinsonisd.org/page/mguillory-Home*

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_