Physical Education 2

Bartlett Yancey High School

Coach Phelps

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**Objectives:**

* To provide an array of physical activities.
* To make students accountable for their actions.
* To allow students to give feedback and share their ideas that may improve the program.
* To help students release emotional strain and tension.
* To develop good social behavior among students.
* To allow students to experience competitive and non-competitive activities which include team and individual sports.
* To develop skill, interest and the appreciation for the need of lifelong activities

**Attendance:**

* Due to the participatory nature of this course, it will be difficult to make up daily work.

It is very important that students attend class regularly; grade is based on participation as well as dressing out. Students will be given an opportunity to earn his/her participation points following an absence by exercising, running a half a mile, or writing a three-page paper (topic selected by the teacher). Only one absence can be made up at a time.  The absence must be made up within one week of returning to school.

**ISS:** Those students who are assigned ISS during PE will write a 4 page paper. The teacher will select a topic and provide the student will the necessary information to write the report. For each day the assignment is late, 20pts will be deducted from the student’s grade.

 **Uniforms:**

* All students are expected to dress in the required P.E. uniform in order to participate.  Failure to do so will result in a loss of participation points and will **NOT** be allowed to participate in the activity. Students will be given two weeks from the first day of school to purchase a PE uniform.
* In addition to uniforms, non-marking tennis shoes, laced up, are required along with socks.
* Physical Education uniforms cannot be altered in anyway.  This includes cutting off the sleeves.
* Shorts must be secured around the WAIST so that undergarments do not show.
* Exposed undergarments will result in being sent to an administrator for failure to comply.
* Sweatshirts and sweatpants may be worn over the PE uniform.

**Procedure for Dressing Out:**

* After the final bell, students have ten minutes to get dressed, use the bathroom, report to the gym and have a seat in their assigned area on the floor.  If a student is late getting to his/her assigned area he/she may be required to stay after class two minutes. Teacher’s discretion!
* **All valuables are to be in a safe & secured place. Neither the teacher nor the school is responsible for lost or stolen items.**

**Procedure For Students Not Dressing Out: (Doctor’s Note)**

* + Report directly to your assigned area in the gym.
	+ DO NOT GO INTO THE LOCKERROOM!
	+ A student is excused from dressing out ONLY if a DOCTOR’S NOTE is presented and approved by the teacher.  However, the student will be given an opportunity to earn his/her daily participation points by writing a report for EACH day he/she is unable to participate or walk during the class period. The teacher will select a topic and provide the student with the necessary information to write the report, which will be due at the end of the class period. If the report is not turned in to the teacher at the end of the class period the student will lose his/her participation points for that day(s).

The Doctor’s note should include the following information:

1. Type of Illness or Injury
2. Beginning Date (when activity should be curtailed)
3. Ending Date (when student may return to full activity)
4. List of Specific Activities In Which Student **May** or **May Not** Participate
* Students with a parent’s note are still required to dress out and activities will be adapted according to the severity of the illness. Students should be advised that a parent’s note is rarely accepted.

**Procedure for Students Not Dressing Out:**

* First Offense: Twenty points will be deducted from the student’s grade.
* Second Offense: Teacher will contact the parent by phone and twenty points will be deducted from the student’s grade.
* Third Offense: The student will receive disciplinary action by administration and twenty points will be deducted from the student’s grade.
* Each additional time the student does not dress out for physical education he/she will receive a referral to the office.

  **Lockers:**

* Each student will have an opportunity to rent a lock/locker.  **HIGHLY RECOMMENDED!!**

    Do not share combination with other students.

* If a student chooses to rent a lock/locker, he/she will sign a written contract, which acknowledges payment of the $6.00 rental fee. **The $6.00 will be returned to the student at the end of the semester if the original lock is returned to the teacher.**

**Expected Conduct In Locker Room & Gym:**

* No street shoes on gym floor.
* No Horseplay!!!!
* No eating or drinking in the locker room or gym.
* **Do not leave class without the teacher’s permission.**
* **Leave all equipment alone until instructed otherwise by the teacher.**
* **Report all injuries immediately to the teacher.**
* No jewelry shall be worn.
* Turn in all found items to the teacher.
* **BYHS is not responsible for any items you leave unattended in the locker room. If your personal items are stolen, it is your responsibility. If you have expensive items, lock them in a locker, give it to a teacher/coach, or leave them at home. Time will not be taken to search students, the locker room, etc for non-secured items.**

**Bi-Weekly Current Health Related Article**

* Every other week a current health related article will be completed.
* A summarization of the health related article will be hand written, kept in a three-pronged folder, and submitted to the teacher at the end of the week
* Summaries are due each Friday unless the student is absent. If the student is absent, the summary will be due upon the day of return
* Summarization must be neat and legible
* Must be summarized not plagiarized
* **List of Activities for PE II**

***(Activities should be completed at 5-7 days each)***

* Ultimate Frisbee
* Volleyball
* Team Handball
* Badminton
* Wiffleball
* Soccer
* Tchoukball
* Indoor Football
* Track and Field
* Floor Hockey
* Weight Training / Plyometrics
* Basketball
* Matball
* Speedball
* Dodgeball – spiderball, medic, traditional, jailbreak
* Speedminton
* Cornhole
* Basketball
* Boccer (basketball / soccer)

 **Grading:**

* Dressing Out / Participation     50%
* Bi-Weekly health related article 25%
* Bi-Weekly skills and knowledge test 25%

 Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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