***Vinton Middle School***

***Physical Education Syllabus***

**Mission Statement:** We believe that physical fitness is a life-long lesson that promotes a healthy and active life style. Our grading policy attempts to foster responsibility, cooperation, and a positive self-image, wherein a superior grade for Physical Education is clearly obtainable for all students.

**Uniform:** Official CPSB PE Gym Suit----Navy or Gray Shirt with white name stripe across chest (Last Name/First Initial Labeled) Navy Shorts with white name strip across knee (Last Name/First Initial Labeled) Tennis Shoes that lace up (slip on/boat shoes are not allowed)

**\*\*NO JEWELRY OF ANY KIND IS ALLOWED DURING PE – IF EARS HAVE BEEN FRESHLY PIERCED, YOU WILL BE REQUIRED TO COMPLETE AN ALTERNATE ASSIGNMENT EVERYDAY UNTIL YOU ARE ABLE TO REMOVE YOUR EAR RINGS. \*\***

**Lockers:** Students are responsible for lost or stolen property that is not secured in their lockers. Pleases refrain from sharing combinations.

 **NO SHARING LOCKERS! NO SETTING OR POPPING LOCKERS!** (Both may result in an H-Drive)

**Locker room:** Horse play is not allowed in the locker room. No banging on lockers or vandalizing lockers. Any behavior that will endanger anyone’s safety or school property will not be tolerated. No breakable container’s allowed in the locker room. The students will be given 7 minutes to dress for P.E. and 7 minutes to dress back to school uniform or the student will be considered tardy.

**Excuses:** Parent excuses must include a date, reason for not participating, phone number, and signature. Parent notes are only good for **3 days.** After 3 days, a doctor’s excuse will be needed to opt out of participation. An alternative assignment will be given to students with an excuse.

If a student does not dress out and it is not excused they will have an alternative assignment given by the teacher. This work is to be completed by the end of class.

**STUDENTS MUST DRESS OUT REGARDLESS IF THEY HAVE AN EXCUSE OR NOT.** Dressing out is the main component of their grade.

If a student will not be allowed/able to participate in PE for an excess amount of time (3 weeks or more), they may be asked to have their schedule changed.

**Grading Policy:**

**\*\*\*\*\*\*POLICIES HAVE CHANGED, PLEASE MAKE NOTE\*\*\*\*\*\***

100-93= A 92-85=B 84-75=C 74-67=D 66-0=F

-9 No Dress

-3 Wrong Shorts

-3 Wrong Shirt

-3 Wrong Shoes

Student will not be allowed to participate without fully dressing out.

You will not receive credit for the correct shoes if you do not have your PE uniform.

The student will receive 9 grades per 9 weeks for dressing out. Each week will be a separate grade and averaged at the completion of the 9 weeks. In addition, the student may receive grades for health work and skills tests.

|  |  |  |  |
| --- | --- | --- | --- |
| Week 1 | 100 | Week 6 | 97 |
| Week 2 | 91 | Week 7 | 100 |
| Week 3 | 97 | Week 8 | 73 |
| Week 4 | 100 | Week 9 | 100 |
| Week 5 | 82 | **Final Average** | 840/900 = 93 A |

**Participation will no longer be considered a grade.** If a student refuses to participate or comply with expectations in class, the student may receive an alternate activity or an H-Drivemay be completed.

\*\*IT IS VERY IMPORTANT THAT ALL INJURIES ARE REPORTED DIRECTLY TO THE TEACHER\*\*

NO FOOD OR DRINKS ALLOWED – H-Drive NO GLASS CONTAINERS

NO GUM ALLOWED – H-Drive NO AEROSOL OR SPRAY BOTTLES

NO HORSEPLAY (Keep your hands to yourself)

If any of the classroom procedures and/or rules are broken the following discipline ladder will be used. Upon habitual or severe offenses, disciplinary action will be taken immediately.

1st offense Verbal Warning

2nd offense Verbal Warning

3rd+ offense H Drive

Coach Cooper – baleigh.cooper@cpsb.org 337-217-4720 Ext: 5910

Coach Maggio – brandon.maggio@cpsb.org 337-217-4720 Ext: 5909

***PLEASE SIGN AND RETURN***

Students Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the rules and procedures for Physical Education.

Students Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parents Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_