

# **WHS Physical Education: Course Description, Policies, and Procedures**

## **Foundation of Personal Fitness & Aerobic Activity:**

The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class.

## **Team Sports:**

Team Sports is designed so that students will have an introduction to a variety of physical activities and develop an understanding of the importance of life-long daily physical activity. Motor skills, fitness levels, sportsmanship, and game knowledge are learned through actual participation in individual/team game activities.

## **Objectives:**

- To provide an extensive array of activities with an abundance of opportunities for every student to be successful.
- To create a physical education program where students are totally accountable for their own actions.
- To provide experiences that provide a release from emotional strain and tension.
- To develop better social behaviors with peers & coaches.
- To develop skill, interest and appreciation for the need of life-long learning, activity and recreation.

## **Class Expectations:**

- RESPECT: SELF, OTHERS, FACILITIES, & EQUIPMENT
- RESPONSIBILITY FOR YOUR ACTIONS
- PARTICIPATING IN CLASS ACTIVITIES

## **Proper Dress for Class:**

Tops: T-shirt or training jersey/top. No tank tops or spaghetti straps.

Bottoms: Athletic shorts of school appropriate length, sweatpants, leggings, or warm-up attire.

Shoes: Running shoes or tennis shoes. No sandals, slides, flip flops, boots, or bare feet.

## **Tardy Policy:**

You will be counted tardy if you are not in the designated area for roll call by the time the tardy bell rings.

## **Grades:**

Physical Education grades will be distributed with 60% being minor grades and 40% being major grades. Minor grades will be given each class period (i.e.: SEL writing and daily participation). Major grades will consist of fitness checkpoint assessments given once every three weeks and again for FitnessGram testing. The student will be excused from class participation if under doctors' care, written excuse from parent, guardian or school nurse, or by discretion of instructor.

## **Lockers and Locker Room:**

Lockers will be provided for the semester if the student desires. Students are responsible to keep all personal items secured during class time.

## **DO WHAT IS RIGHT:**

Violation of class expectations or policies and procedures will result in disciplinary action based on the Wylie High School student code of conduct, subject to the review by the Physical Education instructors.

**Remember: Dress Out – Participate – Have FUN!**