**Rivera ECHS Physical Education/Fitness Syllabus**

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Conference Period: 2nd

Welcome to Physical Education (PE) and Fitness class at Rivera ECHS . We look forward to a fun and exciting year in PE and Fitness. Classes meet every day of the week.

**Objectives**: To instruct students how to develop and maintain an active enjoyable lifestyle, through physical activity. To demonstrate and develop knowledge and skills that provides the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle.

**Expectations**: Every student is expected to dress out, actively participate in class, keep the locker room & gym clean and neat. Students must follow all school and gym rules.

**Grading Policy:**

**Major grades: 60%**

Daily participation

3/6 weeks exams

**Minor grades: 40%**

Daily Dressing out

Worksheets

Vocabulary/rules test

Skills test

**PE clothes:** Every student is required to have and change into their gym clothes every day.

1. Shorts – must be mostly or all black. School code policy apply.

2. Shirt – A Rivera shirt from previous year or gray, black shirt.

3. Athletic Shoes and socks- shoes that tie and are made for doing physical activities

and/or sports (ie. Running, volleyball, tennis, basketball, etc.)

Students dress out for hygiene and safety reasons. You must change out of your school clothes and into your PE clothes. Students not dressed for PE will lose daily dressing out points and be provided a loaner shirt for the day. If non dresses become excessive, the teacher may call home. You must have your clothes or a note from a parent or guardian by August 24th. The first day to dress out is Tuesday August 20, 2019. Please contact the teacher if there are questions or concerns about dressing out or type of clothing to bring.

**WE REMIND STUDENTS TO TAKE THEIR CLOTHES HOME ON FRIDAYS TO WASH THEM. YOU ARE WELCOME TO TAKE THEM ANY TIME BUT THERE ARE NO EXCUSES FOR NOT HAVING YOUR CLOTHES TO DRESS OUT.**

**Locks and Lockers**: Students are loaned a locker for the semester. They should bring a lock and keep clothing needed for PE or athletics, as well as personal hygiene items like deodorant, extra socks, shoes, lotion, etc. in their locker. Students **must not** share lockers or combinations. The locker rooms are open and accessible all day; it is the student’s responsibility to lock their locker each day. The school and teacher are not responsible for any stolen, misplaced or damaged articles.

**Medical/Injury Excuses**: If you must be excused from class or certain activities in class for a medical/injury reason, you must have a note from your parent/guardian or a doctor. Any excuse lasting longer than 2 days will require a doctor’s note. If you see the nurse at any time during the day, ask her to write you an excuse if she deems it appropriate. Students with a valid medical excuse will be asked to write an article reflection. Ladies will NOT be excused from PE class during their monthly cycle. Students without a written excuse will be expected to participate to the best of their ability.

**Asthma**: If a student needs to pre-treat their asthma, they need to dressout, check in with the teacher and then go to the nurses’ office. Students who carry their own inhaler are responsible for writing their name on it, having it and using it every day.

\*\*\*\*If a student is absent they may complete a make-up assignment to receive dressing out

points for that day. Otherwise they receive zero points for the day\*\*\*\*\*

**Make-up work for absences:** If a student is absent, either excused or unexcused, they can write a one page response to an article about health, physical education or sports from a magazine, newspaper or internet article for each day absent and receive full credit. Response must be neatly handwritten or typed and have students name, class period, teachers name, title or article, copy of the article or internet address. Students will have one week from the day(s) absent to turn in article response to get credit. Forms can be picked up outside each of the PE offices.

**\*Please complete, sign and return this portion of the Syllabus to your PE./Fitness teacher \***

**Student:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Grade:**\_\_\_\_\_\_ **Period:**\_\_\_\_\_\_\_ **Teacher:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(please print first and last name)

**Student Email:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Name(s):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Email(s):**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read and understand the Rivera ECHS Physical Education course description and understand my daughter’s/son’s responsibilities.

\***Parent/Guardian Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Rivera ECHS Physical Education course description and understand my responsibilities and the expectations in this class.

\***Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please use this space to provide and additional information you feel may be important to your student’s

success in PE/Fitness.

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**Rivera ECHS Physical Education/Fitness Sylabus**

**\*Please complete, sign and return this portion of the Syllabus to your PE./Fitness teacher ASAP\***

**Student:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Grade:**\_\_\_\_\_\_ **Period:**\_\_\_\_\_\_\_ **Teacher:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(please print first and last name)

**Student Email:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent Name(s):** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\***Parent/Guardian Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I have read the Rivera ECHS Physical Education course description and understand my responsibilities and the expectations in this class.

\***Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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