Syllabus

Northview 2016-2017 Physical Education

Mrs. Urbaniak Website: http://urbaniakpe.yolasite.com/

419-824-8570-5204 Email: jurbaniak@sylvaniaschools.org

Please check powerschool often to see how your student is doing in PE.  If you have questions or concerns about grades please send me an email.  Remember to include your student’s full name and the period your student has physical education.

1. Students are to be in line in alphabetical order by the second bell for attendance.  Tardies will be counted, and on the 3rd offense and any following a referral will be written per school policy.
2. You must bring your agenda book with you to physical education each day for passes, and notes. Do not leave the gym during class unless you have permission from the teacher.  Please let the teacher know if you need to go into the locker room for safety purposes.
3. You must have a **binder** for physical education.  You will keep all of the state physical education standards evaluation materials in it.
4. If you are absent you are required to show your admit slip before returning to physical education.  If you do not have one you must go to the attendance office and get one before entering the gym.
5. Students are expected to bring a ***complete change of clothes and proper athletic shoes that tie and are secure on the feet*** for physical education each day.  Shoes that do not tie or lace up will not be permitted.  All clothing must meet dress code guidelines.  ***Separate*** gym shorts, sweat pants, warm-ups, t-shirts, and sweatshirts are to be worn for physical education.  Boxers, tank tops, jeans, boots, and shoes that don’t lace up tight are not permitted.   Please take PE clothes home and wash them occasionally.
6. Students must use a locker in the locker room during their physical education period only.  ***They must bring their own lock to the gym each day.  All belongings must be removed from the locker room at the end of the period***.  Students are responsible for lost or stolen items. Students may bring gym bags to physical education, no book bags or coats are allowed in the locker rooms.  No food, drinks, or use of electronic devices are allowed in the locker rooms.  All belongings should be locked inside a locker during the period.  No items are permitted on the floor or bench as this may encourage crime. Locker rooms are walked through/ picked up daily.  Items are thrown away or placed in the main office lost and found.  Students are expected to be respectful of the secretary when retrieving their items and will receive a referral if there is a problem.  If you need a lock you can sign one out for the semester from the teacher.  No students are to leave items in a locker at any other time other than the period they have PE.  Do not share a locker with another student.  Do not tell another student your combination.
7. ***Students are to be in the locker room or in the gym until the end of the period***.  No student may leave the gym early.
8. Students are expected to behave appropriately and follow all instructions.  (See the State Standards for physical education for details)
9. Physical education is an active, participation required class.  All students must participate daily.  ***A medical excuse must be provided to the teacher that details exactly what the limitations, abilities, and date to return to full activity are.***  If there are medical limitations you will need to meet with your teacher to discuss/plan earning physical education credit.. Medical notes may be faxed to Mrs. Urbaniak at 419-824-8698
10. All school rules and/or rules included in the agenda book apply to physical education.
11. Students receiving an out of school suspension are considered unexcused for class.  They will lose daily points for all days missed. Assignments may or may not be accepted.  (See agenda book)
12. Students taking a PCA will be required to type a one page paper for each day that they miss class.  More information is available from the teacher.
13. Assignments are given in physical education.  All work is due on the assigned due date.  Excused medical absences will be given full credit if turned in upon return to class.
14. Students are required to swim as part of their physical education grade.  We will use locker rooms in the pool area on swim days.  Bring a towel and suit on swim days.  Students may also wear lightweight clothing over their suits if they wish.  Students that cannot swim for a medical or religious reason must have a note stating their limitations and abilities.  Students not swimming are required to walk the deck during the entire class period as an alternative exercise to swimming for ½ credit.
15. Phones and other electronic devices should be turned off at or before the second bell.  All electronic devices should be locked in the locker room during class.  You may use music, stopwatch, etc. on the track or for timing fitness tests.

Grades

State Standard projects and activities, Test, Exam and points

Points for Physical Education (tied to standards)

1 Dress-wears appropriate change of clothes

1 Participation- demonstrates motor skills and movement patterns

2 Effort-demonstrates understanding of movement concepts, principles, strategies

1 Behavior- responsible and respectful personal and social

Grades will be entered into the gradebook along with other assignments by total points.

Failure to follow classroom rules and behave appropriately may result in the following consequences at the discretion of the teacher:

* Lost points
* referral
* Call home
* Letter/ email home
* Meeting with student, parent, counselor, or other administration

The State Standards

A physically literate individual…

STANDARD 1 Demonstrates competency in a variety of motor skills and movement patterns.

STANDARD 2 Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

STANDARD 3 Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4 Exhibits responsible, personal and social behavior that respects self and others.

STANDARD 5 Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

**Everything I learned in Life,**

**I learned in Physical Education**

Play by the RULES

Behave or you will have to sit out

Dress properly

Lock up your stuff

Be POLITE

STRETCH a lot

Take Turns

Share

Make Friends

Tolerate DIFFERENCES in others

Consider the FEELINGS of others

Give everyone a chance

Get along

Be humble

Warm-up and Cool-down

Cheaters never win

Winners never cheat

Take care of the equipment

Put everything back where you got it

Show SPORTSMANSHIP

Shake hands

Practice to get better

Know the score

NEVER GIVE UP

TRY YOUR BEST always and in all ways

By: Michael Minks

Homework:

* get form signed
* buy or bring a lock for PE
* buy or bring appropriate clothes for PE
* buy or bring athletic shoes

Write this in your agenda book!

Physical Education

Mrs. Urbaniak

Please complete and return this page to Mrs. Urbaniak

Student name printed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Points: \_\_\_\_\_\_/4

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

Parent or guardian please read the above rules for physical education and discuss them with your student.  Only turn in this page, keep the rest for future reference in your PE binder.