

## **PHYSICAL EDUCATION**

**Grade Level:** High School 9-12

**Instructor:** Ms. Pitzer

**Conference Time:** 8:25-9:06

**Course Description:** Develop physical activities, which are selected and carried on with full regard to human growth, development, and behavior. The program is intended to provide the individual with opportunities for physical, mental and social growth in order that he/she may become a more worthwhile and active members of society.

Also, refer to the Ohio State Standards for Physical Education.

**Required Clothing:** Gym shoes, shorts/sweatpants, and t-shirt/sweatshirt.

**Evaluation:** Class Participation-100 %  
Dressing/Participation – 20 pts. a day  
(includes warm-ups, jogging and entire activity of the day)  
Not Dressing/Participating – 0 pts. a day

Skills Tests – 100 %

Unit Tests – 100 %

**Activities:** Fitness Training

- a. callisthenic exercises
- b. weight training
- c. running & walking

Lifetime Sports

- a. golf
- b. archery
- c. tennis
- d. bowling
- e. other lifetime sports

### **Team Sports**

- a. basketball**
- b. volleyball**
- c. softball**
- d. soccer**
- e. floor hockey**
- f. other team sports**

### **Recreational Games**

- a. flag or Frisbee football**
- b. kickball or matt ball**
- c. eclipse ball**
- d. badminton**
- e. other recreational games**

### **Rules/Regulations:**

- 1. Proper Attire (clothing) must be worn at all times.**
- 2. Participation is at all times.**
- 3. SAFETY: NO JEWELRY!!! NO CHEWING GUM!!!**
- 4. Unsportsmanlike behavior WILL NOT be tolerated.**
- 5. Locker room behavior: NO HORSEPLAY!!! Enter into locker room A (Middle School) or Locker room B (High School), get dressed and WAIT for the teacher to dismiss you to the gym.**
- 6. Treat all equipment and facilities with respect. These are expensive and also can be injurious to yourself and/or others if not used properly.**
- 7. It is YOUR RESPONSIBILITY to set-up and/or put away the equipment under the guidance of the teacher.**

**8. Attendance:**

- a. **You MUST have a yellow slip when returning to class.**

**9. Medical Excuses:**

- a. **You MUST have a note from the doctor. You will be excused and won't be penalized.**
- b. **Notes from home, will be accepted. If too many than your parent(s)/guardian(s) will be called.**

**LET'S STRIVE TO MAKE PHYSICAL EDUCATION  
A POSITIVE, VALUABLE, FUN EXPERIENCE.**

**Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_**

**Student signature: \_\_\_\_\_ Date: \_\_\_\_\_**