

Armstrong Middle School
Physical Education
Syllabus

A. Goals for the Year:

1. To help students incorporate physical activity into their lifestyle, develop motor skills, improve fitness and wellness, enhance social skill and self-concept, and increase knowledge in various sports and activities
2. To provide a positive learning environment, allow students a variety and choice of activities, and to assess the physical fitness level of each student by administering the Fitnessgram

B. Rules and Regulations:

1. Dress out every day and be out on the floor within 5 minutes of the tardy bell.
2. No horse playing in the gym, locker rooms, or hallways.
3. Report any behaviors such as name calling, hitting, kicking, pushing, threatening, theft, or any other harassing behavior to one of your coaches or another adult immediately. Do not accept any of these behaviors by others, even if these behaviors aren't directed to you.

C. Consequences:

1. Not dressing out (per nine weeks)
 1. 1st time: verbal warning
 2. 2nd time: parent contact, documentation, & additional consequences
 3. PE Grade will be lowered 5 points each time you do not dress.
2. Persistent inappropriate behavior (per semester) Physical altercations will result in immediate removal from PE.
 1. 1st time: verbal warning
 2. 2nd time: consequences and documentation
 3. 3rd time: parent contact, documentation, and alternative PE
 4. 4th time: removal from PE class to ISS

D. Locks and valuables:

1. A locker will be assigned to each student. Do NOT switch your locker without permission. Do NOT share lockers.
IT IS YOUR RESPONSIBILITY TO MAKE SURE THAT YOUR LOCKER IS PROPERLY LOCKED AT ALL TIMES! Items do NOT disappear from a locked locker! Consequences will be issued for any unlocked locker.
2. Please check the “lost and found” containers often. Items will be donated to charity at the end of each month
3. Locker rooms may be locked during the period.

E. Illness/Injury

1. A **written note from a parent/guardian** will excuse you from the physical activity part of class for 1-2 days. A **doctor's note is required** if you are to be excused from activity for **3 or more days**.
2. In most cases, the student will still dress out and participate with restrictions.

F. Jewelry/Phones:

1. Due to safety factors involved in physical education, please refrain from wearing your jewelry during class. If stud earrings are worn, it will be at your own risk. Do NOT wear hoop earrings!
2. Lock up your jewelry and phones in your gym locker. It is best to keep jewelry in a box or plastic baggie. This prevents jewelry from falling through the corners of your locker into someone else's locker. **Cell phones are NOT allowed out in the gym area.**
3. Armstrong Middle School is not responsible for any lost or stolen items.

G. Activity units:

1. The majority of our units include team sports, individual sports, and fitness activities.
2. Please keep in mind that we always keep safety of the student first and foremost in our classes.

H. Grading policy:

75%: Major grades include participation and possibly some skills and fitness evaluations.

25%: Minor grades include dressing out and adhering to class rules.

Please feel free to contact any member of the coaching staff regarding any question you may have. For a faster response, use email contact.

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