Alconbury High School / Middle School
Physical Education

COURSE DESCRIPTION:

Seventh/Eighth Grade: Physical Education is designed to give a general overview of the many physical activities available for participation during junior and senior high school careers. Instruction is given in individual and team activities. Some of these are basketball, bowling, body awareness, floor hockey, tennis, gymnastics, wrestling, soccer, volleyball, adventure games, dance, dodge-ball, flag-football, kickball, softball, badminton, lacrosse, speedball. Each quarter fitness assessment is measured and each student is given a comprehensive exam with the Trifit program. **Physical Fitness is emphasized throughout the year with Physical Best test each week.**

High School: Classes are designed togive students an intimate look into physical education activities; either to become highly proficient during their high school careers or to enjoy lifetime leisure sports. The use of weight training, running, and aerobics are emphasized, as well as numerous individual sports. The instruction is designedto refine skills. One day each week is spent in the classroom working in the personal fitness textbook.

Rules and Regulations:

The Philosophy and objectives at Alconbury High School / Middle School includes a broad spectrum of activities. Our aim is to aid each student in developing their potential to the fullest. Challenging experiences, paired with personal desire for achievement, are necessary ingredients for the accomplishment of this goal.

Physical Education involves activities where students can improve their physical well-being, while learning and perfecting skills that can be used during their leisure time.

Objectives:

1. Exposing students to games and activities, helping them to recognize and work with their strengths and improve their weaknesses.
2. Developing good citizenship and sportsmanship.
3. Improving fitness along with the knowledge to implement it.
4. Understanding lifetime sports activities.
5. Gaining enjoyment and opportunity while competing in individual and team sports.
6. Developing individual skills and needs so they have a choice to carry the activities as far as they desire in life time.

Uniforms: In order to be properly dressed for each activity, the following items *must* be brought to class.

1. Shorts or sweats.
2. T-shirts or sweatshirts.
3. One pair of gym shoes.
4. Change of socks.
5. Warm-ups or jogging suit for cold days.
6. Deodorant, soap, towel.
7. Combination lock.

PLEASE MARK ALL YOUR CLOTHING ITEMS WITH YOUR NAME

Students may leave their P.E. clothing in their assigned gym lockers provided they secure them with locks. Neither the Physical Education Department nor AHS/MS will be responsible for lost or stolen property not properly secured. Gym clothes should be taken home at the end of each week for washing.

VALUABLES ARE NOT TO BE BROUGHT TO P.E. CLASS (I.E. WALKMANS, CELL PHONES, ELECTRONIC GAMES). Large amounts of money should be locked in school locker or given to P.E. Teacher for safe keeping during class.

CLASS RULES:

1. **BE ON TIME**
2. **COME TO CLASS PREPARED**
3. **FOLLOW DIRECTIONS**
4. **KEEP HANDS AND FEET TO YOURSELF**
5. **NO RUNNING OR PLAYING IN THE LOCKER-ROOMS**
6. **DO NOT TAKE OTHER PEOPLES BELONGINGS**
7. **STAY OFF BLEACHERS**
8. **DO NOT LEAVE GYM WITHOUT PERMISSION**

GRADING:

50% of the report card grade is based on participation, attendance, and attitude.
50% is based on fitness and skill points earned weekly.

Class points are kept for each day of class. Points are totaled each Week, and averaged on a 90% = A, 80% = B, 70% = C, 60% = D scale.

2 Points - For dressing out, (This means changing from what you wear to school, into something you can run in and play in).

2 Points - For doing the warm-ups/stretching exercise or fitness activities.

2 Points - For participation in all class games, competitions, tests or group activities.

2 Points - For Sportsmanship, and class behavior.

CONSEQUENCES FOR NOT DRESS OR NON-PARTICIPATION

FIRST TIME - LOSE 8 PTS
2ND TIME - LOSE 8 PTS, LETTER TO PARENTS (Participation grade drops to B)
3RD TIME - LOSE 8 PTS, PHONE CALL TO PARENTS (Participation grade drops to C)
4TH TIME - LOSE 8 PTS, REFERRAL TO COUNSELOR PARENT CONTACTED
5TH TIME - LOSE 8 PTS, PARENT CONFERENCE
6TH OR MORE TIMES, STUDENT RECEIVES F, STUDENT CONFINED TO GUIDANCE OFFICE TILL END OF QTR.

INSTRUCTORS:

Mr. B.	Alconbury DSN ext.	3305
Mr. F	Alconbury DSN ext.	3018
Mr. S	Alconbury DSN ext.	3018

(PLEASE CUT AND RETURN THIS BOTTOM SECTION)

I HAVE READ AND UNDERSTAND THE RULES AND REGULATIONS FOR PHYSICAL EDUCATION.

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STUDENT'S SIGNATURE PARENT'S SIGNATURE