

9th – 12th Physical Education

Mrs. Trudeau 2016-2017

Course Description: This High school PE class is designed to promote lifelong physical fitness. We will explore the different components of physical fitness and apply them to physical activities. The NYS PE PROFILE will be used as a guideline in activities, instruction, and assessment.

Classroom Expectations

Be prepared for class and ready to participate
Actively participate
Listen to directions and stay on task
Be positive – No criticism
Demonstrate GOOD SPORTSMANSHIP

PE Clothes:

Gym shoes (must tie) & be secured
T-shirt/sweatshirt - must have sleeves
Shirts must cover midriff / no low cut shirts
Shorts (at least 4 inches) / sweatpants
Athletic uniforms are not permitted in class

Grading Procedure:

- Grading will reflect what student learned not just participation
- Grading system is based on NYS PE PROFILE
- Assessments are done throughout the unit rather than at the completion of the unit.

70% ----- **DAILY PERSONAL /SOCIAL RESPONSIBILITY (participation)**

15% ----- **PE Profile Categories: Focus /skill of the day**

15% ----- **Written assessment**

Absences:

- Students must have **less than 9 absences for the year** in order to get PE credit.
- **Make ups** for classes will be held in the morning before school or during fitness center sessions.
- **Athletes must participate in PE class in order to participate in practice or a game after school.**
If you sit out of PE ----- you sit out your practice or game.

I have read the course requirements and grading procedures and understand them.

Name _____ **Date** _____

Signature _____

**** Students must pass 4 years of PE in order to graduate. ****