

# Physical Education Course Syllabus

Mr. Cadigan



## Course Description

Physical Education is an integral part of that total educational process, and contributes significantly towards desirable educational outcomes. It helps students meet the physical demands of everyday life and provides opportunities to develop self-confidence, initiative and leadership characteristics. This course will emphasize the NASPE Four Components of a high-quality physical education program, which will include:

- Opportunity to learn
- Meaningful content
- Appropriate instruction
- Student and Program assessment

## General Rules and Expectations:

- Students will participate regularly in physical activity
- Students will achieve and maintain a health-enhancing level of physical fitness
- Students will have 10 mins after the final bell to get changed and get to their class meeting area
- Students will not leave the activity area (i.e. gym, field, locker room, weight room etc) unless they have teacher permission
- **There will be NO use of CELLPHONES during physical education class, or in the locker rooms. Students who use their phones during this time will have to hand their property in to the teacher**
- Students who fail to participate four times will receive a F(56) for that Quarter.
- Each time a student does not participate they lose 11 points off of their overall grade. 1<sup>st</sup> 89%, 2<sup>nd</sup> 78%, 3<sup>rd</sup> 67%, 4<sup>th</sup> 56%

## Grading

- Daily Participation/ Effort- 33%
- Tests/Quizzes/Assignments- 33%
- Preparation for class- 33%

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

