



Phone: 801-481-4810 school
Spiegel prep: 4th period /Anderson Prep: 5th period

Physical Education will provide you with the opportunity to learn and participate in a variety of sports and activities. The course will provide a continuous flow of 2-3 week units. This course will count as your .5 required P.E. Credit or a .5 Elective unit.

- GOALS:**
- 100% participation -- 100% suited -- 100% work turned in.
 - Greater knowledge of sports, fitness and your body.
 - Greater confidence in your athletic abilities.
 - Develop a desire for *lifetime* physical activity.
 - Experiencing the benefits of positive sportsmanship and teamwork.

Course

Materials: **P.E. Uniform is required. Should be taken home at the end of each week to be washed!**
White T-shirt with student's first and last name across the chest. The printing of the name should be 2 inches high and done with a rub-a-dub marker. Solid colored athletic shorts (preferably red), with **no belts, zippers or pockets**. Athletic shoes with non-marking soles are required. No hiking shoes, sandals, or open heel shoes. All shoes **must** be laced up snugly. Non hooded sweatshirts should be kept in your gym locker for cooler weather...If it is not snowing or raining we will be going outside! We would like to encourage the students to purchase the school P.E. Uniform.

Format: P.E. is an activity class; most of the days will involve movement and activities. There will also be lectures and written assignments.

- GRADING:**
- Regular and complete **dressing** for P.E. -- 40%
 - Participation, Sportsmanship** and behavior -- 50%
 - Written work and assignments** -- 10%

DRESSING POINTS: *Proper suiting for class is very important. A student cannot participate to the best of their ability if they are not wearing appropriate clothing. 20 points a day are given for complete suiting up. Points will be deducted if items are missing.*

Dressing points will be calculated every week. In order to receive the daily 20 daily point's one must be completely suited. Partial credit will be considered.



PARTICIPATION, Sportsmanship and effort and behavior:

- Be on time, dressed in P.E. uniform.
 - Do all exercises, games and activities at 100% of **your** ability and with a **positive** attitude.
 - Show good sportsmanship, help others in class and share leadership as well as follower responsibilities.
 - Demonstrate improvement of abilities and skills during the term.
 - Students with injuries or illness requiring more than two days of non-participation require a doctor's note. Parent's notes are often helpful, but don't excuse a student from participation without an effect on their grade.
 - Behavior points (dots) will be given for inappropriate behaviors such as; class disruption, lack of or poor participation, unsportsmanlike conduct, misuse of equipment, gum, etc. Dots are not good!!
You want to avoid them!
- 20 points a day will be given for excellent participation, sportsmanship, effort and behavior. Participation points will be calculated at the end of every week

ASSIGNMENTS:

- Tests, assignments and journal entries will be given in accordance with each unit taught.
- Will be designed to increase knowledge, understanding and skill of the sport or activity.
- There will be several homework assignments throughout the year.
- Late work will be accepted with consequences.
- Assignments may be written and or physical.

CITIZENSHIP:

- The citizenship grade will be based on tardiness, referrals and participation points. Due to the fact that this is a activity course, participation points affect both your academic and citizenship grade.

Extra Credit: A student can make up a total of 30 points per term. Makeup work will be determined at the start of each unit.
No makeup work will be accepted the last week of each term.

OTHER INFORMATION: Things to keep in your personal P.E. locker:

- P.E. uniform, deodorant, extra socks, athletic shoes, and wet wipes.
- We recommend a pair of athletic shoes that you did not wear to school.
- Absolutely no glass containers, powders, or aerosol cans!
- Absolutely no gum allowed.
- Absolutely No Cell phones out in the locker room!!!! We are not responsible for lost or stolen cell phones. We strongly advise students to leave their cell phones in their school locker.



IN THE LOCKER ROOM:

Absolute and total **respect for others** is the only acceptable behavior. No taunting, teasing, harassment, sexual harassment, vulgarity, or vandalism will be tolerated. Citizenship will be severely affected if this occurs. Infractions of this nature may also result in a safe school violation and a discipline by the District. If you feel that you are a **victim** or you witness someone who you think is a victim of the above behaviors, let us know immediately.

Respect for School environment property and equipment: You break it...You buy it. We understand that accidents happen and wear and tear is normal but blatant abuse and misuse will not be tolerated!

Please let us know of any health issues that you may have that we need to be aware of.

I have read and understand the P.E. Disclosure
(Return just this lower portion to your P.E. Teacher; keep the disclosure in a safe place)

Students Name: _____ (Please print full name neatly)

P.E. Period _____ Teacher: Spiegel Anderson Parent Signature: _____

