

## Columbia Central High School PE Syllabus 2023-2024

### PE/Wellness Instructors:

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**Course Description:** Physical Education classes are designed to develop skills in activities that will help students maintain fitness throughout their life and increase their likelihood of exercising in the future to provide for a person's mental, physical, and social health. Wellness standards will be implemented throughout the year.

### Requirements:

Student participation is a must!

This is an activity-based class, no laying or sitting down and no sleeping in class, no cell phones!

Students should expect to be active during the class period and to openly experience new activities.

There is a \$10 equipment fee to be paid by each student. This fee covers equipment replacement and maintenance.

Be safe, responsible, respectful and have fun!

### Objectives:

1. Demonstrate competency in many movement forms and proficiency.
2. Apply movement concepts and principle to the learning and development of motor skills.
3. Exhibit a physically active lifestyle.
4. Achieve and maintain a health-enhancing level of physical fitness.
5. Demonstrate responsible personal and social behavior in physical activity settings.
6. Demonstrate understanding and respect for differences among people in active settings.
7. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction
8. Improve physical fitness, strength, and flexibility throughout the school year.
9. Display sportsmanship during physical education class

### Clothing:

1. Columbia Central T-Shirts are for sale for \$5. If you are interested, let your PE teacher know.
2. Please wear school approved apparel.
3. Acceptable attire:
  - a. T-shirts and shorts that are size appropriate with no logos or wording depicting gangs, drugs, alcohol, offensive imaging or wording, or other inappropriate message as deemed by the PE teachers or administrators.
  - b. Shoes that will not scuff the gym floor or pose a safety risk to the student, flip flops, open toed shoes, crocs, sandals, boots are not acceptable.
  - c. No hats!

### Grading:

Attendance and participation are important in this class. Students are NOT graded on skill level but on effort and daily participation.

Students will receive a weekly grade based upon their participation in class. Each day a student does not participate or break a class rule, points will be deducted from the weekly grade.

Points are earned each day for full participation, positive social interactions/teamwork, and skill development. Overall grading is based upon attendance, participation/effort, preparedness for class. Students will earn their grade based on individual performance in the following categories:

Preparation and participation 85%

Exam 15%

**Classroom Rules:**

1. Be On Time.
2. Be Prepared. This means appropriate apparel and in an assigned location.
3. Follow the teacher's directions the first time they are given.
4. Respect your teacher and classmates in words and actions.
5. No hats or sagging pants allowed in gym. Ear buds are not to be worn
6. Students NOT in PE are not allowed to enter the gym during class, including lunch time.
7. Students are NOT allowed to open gym doors at any time, ignore anyone knocking. This is a safety risk.
8. No food, gum, or drinks are allowed in the gym. Please do not ask to go to the vending machine. Water bottles are allowed.
9. When entering the class/gym backpacks will be placed along the designated wall, with cell phones put away. We will then conduct attendance and begin the warm-up, stretch, and activity portion of the class. All belongings are to remain in backpacks.
10. No kicking balls at any time, they get stuck in the ceiling and are often popped on roofing nails.

**Consequences:**

- a. Verbal warning/ conference
- b. Parent contact
- c. Office referral

**Tardy Policy:**

- a. Students are considered tardy if not in assigned area at designated time.
- b. Please use the restroom before arriving at the gym. Locker room doors will be locked during class.

**Our School's Anti-Bullying Rules:**

- a) We will not bully others.
- b) We will try to help students who are bullied.
- c) We will try to include students who are left out.
- d) If we know that somebody is being bullied, we will tell an adult at school and/or an adult at home.

**Cell phones/Electronic Devices:**

**Cell phones and other electronic devices are to be stored in backpacks during physical education class, unless directed by the teacher to do so, this includes ear buds. Electronic devices are NEVER to be used in any gym, locker rooms or restrooms. Failure to comply with this procedure may result in confiscation of the device, in which case the student can pick the device up from the high school office at the end of the school day.**

**Maury County Schools District cell phone policy:**

Students may possess personal communication devices and personal electronic devices so long as such devices are turned off and stored in backpacks, purses or personal carry-all's. Such devices include, but are not limited to, wearable technology such as eyeglasses, rings, or watches that have the capability to record, live stream, or interact with wireless technology; cell phones; laptops; tablets; and mp3 players. However, a teacher may grant permission for the use of these devices to assist with instruction in his/her classroom, and teachers are encouraged to integrate the devices into their course work. The principal or his/her designee may also grant a student permission to use such a device at his/her discretion.

Unauthorized use or improper storage of a device will result in confiscation until such time as it may be released to the student's parents or guardian. A student in violation of this policy is subject to disciplinary action.

**PE Syllabus Signatures 2023-2024**

Student name (print) \_\_\_\_\_

Parent signature \_\_\_\_\_

Date \_\_\_\_\_

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