

2010-2010

MISSOURI VALLEY MIDDLE SCHOOL PHYSICAL EDUCATION SYLLABUS

1. Course Description – The Physical Education Program provides for enjoyable activities and learning experiences which are broad in scope and which emphasize the establishment of healthy habits, good attitudes, sport skill and knowledge, and physical improvement.

2. Course Outline – The President’s Physical Fitness Test will be administered at the beginning and again at the end of the school year. It is an important tool for gauging each student’s level and improvement of physical fitness. Grade levels will participate in activities derived from the following list during the school year:

Basketball	Fitness	Indoor games	Baseball/Softball	Badminton
Flag Football	Frisbee	Soccer	Speedball	Volleyball
New games	Initiatives/Problem Solving			

3. Grading Procedures – Grades will be based upon the following items.

A. Participation (70%)

1. A positive attitude, full participation and good sportsmanship.
2. Non-dressing or refusal to participate will result in disciplinary action.
3. To be excused from physical education class, a student needs a signed note from parent or guardian with a telephone number. If the excuse is for more than two days, a medical note must be provided.


B. Written Work (20%)

1. Written tests, worksheets and homework as required.

C. Skills (10%)

1. Skill improvement when appropriate, new skills learned and used.

D. Grading Scale

100% - 90%	A
89% - 80%	B
79% - 70%	C
69% - 60%	D
59% - 	F

4. Course Requirements –

A. Dress

1. Shorts, windpants, or sweatpants and a t-shirt.
2. Suitable sneakers properly worn and tied.

B. Hygiene

- 1. P.E. clothing should be cleaned regularly.
- 2. DO NOT borrow other students' clothing.
- 3. Showers are not required, but are recommended.

C. Locks

- 1. School locks will be issued to each student.
- 2. Students are allowed to bring their own locks.
- 3. A \$5.00 fee must be paid for lost locks.
- 4. All possessions should be locked in a locker at all times.
- 5. The P.E. department is not responsible for lost or stolen items.
- 6. No horseplay or loud noise is allowed in the locker room (such as standing on the benches, running, throwing things, yelling or screaming). Violation of this rule will result in dismissal from privileges in the locker room.

D. Student Responsibilities

- 1. Equipment should be only used for its intended purpose.
- 2. Equipment should be only used under supervision.
- 3. Any injury should be reported to the teacher immediately.
- 4. Appropriate language is expected at all times.
- 5. Students should report to the appropriate area immediately.

5. Behavior Action Plan –

- A. 1st offense – Verbal warning
- B. 2nd offense – Loss of 3 daily points and 5 minute alternate exercise
- C. 3rd offense – Loss of all daily points, removal from class, and student will receive a detention

If you have any questions, please feel free to contact me at (712) 642-2707 email me at mmchugh@movalleycsd.org. PARENTS ARE TO INFORM THE NURSES OFFICE AND MYSELF OF ANY CONDITION THAT COULD AFFECT THEIR CHILD'S PARTICIPATION IN PHYSICAL EDUCATION. Although we try to minimize injury and discomfort as much as possible, some injuries and discomfort could occur.

Physical Education Contract (Sign and return by August 24, 2010 and receive 5 extra credit points)

My parent/guardian and I have read the above class expectations. It is my (the student) responsibility to know the information and follow the rules and guidelines as stated.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____