

## Rittman's 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> Physical Education Syllabus

**Teacher Info:** Name: Miss Seilhamer Contact: (330)927-7154

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### **Course Objective:**

In grades K-8, schools are to provide physical education as a part of their course of study. The school district or school shall provide every student with equal opportunities to acquire the knowledge and skills to meet the course objectives. High School Graduation requirements: The state of Ohio requires students to earn 0.5 physical education credits (120 hours of course instruction) in order to meet the graduation requirement.

### **Dress Code:**

DO NOT wear the same clothes that you wore to school to class.

Proper tennis shoes should be worn at all times. No boots or sandals.

Must wear shorts or sweat pants, athletic yoga pants are ok. Boys do not sag your shorts. Girls do not wear too short of shorts or you will have to change.(soffee shorts rolled once)

NO CUT OFFS

For contact games, no jewelry is allowed. No hats. Deodorant and other personal hygiene items can be kept in your gym or hallway locker.

If you have clothes in a locker it must have a lock on it.

### **Locker Room Rules:**

Do not leave any valuables in the locker room.

No gum, food or drink is permitted in the gym or locker room.

Teachers are not responsible for lost and misplaced items in the locker room.

If you want to keep clothes in the locker room please use a lock. I will keep a copy of your combination in case you forget.

### **Attendance:**

Students must be in locker room when the tardy bell rings. Three to four minutes are given for students to be dressed, in the gym and to their exercise spot ready for class.

### **Medical Excuses:**

Excuses must be written and signed by a parent or guardian and include a home or work number as well as the dates that the student will be missing PE class.

Followed by a copy of a doctor's note if necessary. Only two excuses from a parent/guardian will be accepted during a six-week period. If the student needs to miss additional classes due to medical reason a doctor's note is required.

Depending upon the nature of the illness/injury, student will be given an alternative assignment to make-up for missing class. (Does not apply to excused absences from school)

### **General Rules:**

DO NOT leave class without permission.

NEVER use any equipment without permission.

Students are not permitted in the storage room area unless permission is given.

Specific instructions and/or safety precautions will be given for activities. PAY ATTENTION and follow instructions.

Report all accidents to the teacher (injuries and equipment problems)

Teacher's whistle = STOP LOOK and LISTEN

Respect and sportsman ship is to be expected at all times.

### **Grading**

Grading is based upon a lettering grade scale.

Any Student that does not dress six times in a grading period will automatically fail the class.

Upon the third and fourth time the student does not dress they will receive lunch detention.

Upon fifth no dress, after school detention will be assigned.

Students will not sit out; they will participate and receive no credit.

Every day is equal to 10 points. If you dress and participate you will get full 10

points. If you dress but show no effort to participate in class you will get 5 points.

If you do not dress you will receive a 0 for that day.

### **Scale**

93% A 90% A- 87% B+ 83% B 80% B-

77% C+ 70% C 67% D+ 63% D 59% F

### **Quizzes**

It is my job as a physical education instructor to assess students' locomotor development and their cognitive development. At the beginning of every unit there will be a quick Pre-assessment that will not be scored and at the end of the unit there will be a quick 10 question quiz.

### **Final**

There will be a final test at the end of the semester that will be worth 50 points.

There will be a study guide that will be provided to prepare you and it will be all multiple choice.

### **Point Values**

Participation possible 10 points a day

Unit quizzes 10 points per unit

Final Exam 50 points

### **Units That Will Be Covered**

(Not in any specific order due to weather and other compromises)

Frisbee Games

Flag Football

Soccer

Volleyball

Floor Hockey

Golfing/Putting

Fitness/Testing

Aerobics/Zumba/Yoga

Basketball

Dance