

CCJHS Physical Education  
Syllabus 2019-2020  
Coach Parten – Coach E

**Description**

PE classes will cover sports skills, games, and fitness activities.

**Class Expectations**

Welcome to Physical Education! We are excited to learn, grow, and play together this year. This list will cover the basic things you will need to know about our classes for the 18-19 school year.

**Class Supplies:**

- 1" 3 Prong Binder with Notebook Paper
- Pen or Pencil
- Athletic shoes with laces

**EVERY DAY!**

**Student Expectations PE:**

- Always try your best.
- Be Respectful of yourself, others, and the teachers.
- No name calling or bullying will be tolerated.
- "Freeze" means to Stop, Look, and Listen.
- Arrive ON TIME and READY TO WORK.
- Report ANY problems to Coach Parten or Coach E

**Dressing Out Policy:**

- Tennis shoes are required!!
- 7th-8th grade students may choose to dress out (t-shirt and shorts) if they would like.
- Dressing out will not be required.
- If a student does dress out, appropriate dress out clothes are required (t-shirt with sleeves and athletic shorts or pants).

\*\*\* Please be aware that students workout and can become very sweaty during PE. We do go outside, so students may get dirty. Please take these into consideration when choosing whether to dress out or not. Also consider the season of year, as well as the time of day you have PE - shoes may get wet with dew in the morning.

**Locker Room Expectations:**

- There will be no lockers in use for PE classes.
- Please leave any valuable items in your school locker, book bag, or give to a PE teacher for safe keeping.

## **Grading**

Student grades will be calculated based on three areas. Do Now's, Tests and Quizzes, and Fitness Progress. Students are expected to answer DO NOWs every day using complete sentences. Do Nows will be turned in every Friday. Tests will be given at the end of various units and fitness progress means showing growth in areas of physical fitness.

## **PE/Fitness Assessments:**

The PE class will use a variety of assessments to determine student knowledge, understanding, fitness progress and goal monitoring. These assessments will include surveys, fitness tests, quizzes, verbal questioning, and content tests.

\*\* This syllabus is subject to change at any point during this school year. Changes are made at the PE teachers' discretion. \*\*

## **Coach Contact info:**

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