Denton Magnet School of Technology:



Physical Education Course Syllabus

Coach Wilder

Coach Hollis

**Gym Rules:**

1. All devices must be powered off before entering the gym. All devices are to be locked in the student’s PE locker at the beginning of class.
2. No food or drinks, except water!
3. Students are not allowed to come to PE outside of their PE time or leave PE during their PE period with permission from Coach Hollis or Coach Wilder.

**Procedures:**

1. Enter the gym and report directly to the locker-room.
2. Dressing out at the beginning of class:
   1. Students will have 10 min for the first 3 weeks, then 8 minutes the next 3 weeks, and finally down to 6 minutes
   2. During this time they need to change into their PE shirt, shorts, and shoes. NO OTHER CLOTHING WILL BE ALLOWED.
   3. The students need to place their school uniform, shoes, device, and any other items of value in their PE locker and make sure it is locked.
3. After dressing, students are to report to their squad line square and be seated.
4. Students will complete squad line exercises then will break out for other activities for the remainder of class.
5. Students will be given 12 minutes at the end of class to Students will have 10 minutes to dress back in, gather belongings, and freshen up for the rest of their day. Students must be out of the locker-room 2 minutes prior to the bell ringing and be seated in the bleachers. Students will be dismissed from the bleachers to transition to the next class.

**Class Format:**

1. Dress out
2. Squad Line- when time is up, roll will be taken and students will receive a 3,2,1,0 for their dressing grade
   1. 3-All 3 required components: PE shirt, shorts, and shoes
   2. 2- 2 out of the 3 required items
   3. 1- 1 out of 3 of the required items
   4. 0- 0 of the 3 of the required items
3. Squad line exercise
4. Breakout activities
   1. Students will complete squad line exercises and at least 1 other activity for the day.
   2. At the end of class the students will be given a 3,2,1,0 for participation and behavior
      1. 3- Student participated in all activities, and behaved appropriately with no warnings.
      2. 2- Student did not participate in 1 activity or had a behavior problem.
      3. 1- Student did not participate in multiple activities and/or had multiple behavior problems.
      4. 0- Student refused to participate in activities, or could not participate in activities due to behavior problems
5. Dress in

**Grading:**

1. Refer to the point system above under class format to see the requirements. Students can earn a maximum of 6 points per day. (3 for dressing + 3 for participation/behavior). Therefore, the student will have the opportunity to earn 30 points per week. There is no extra credit given in PE. In order to maintain the appropriate grade according to Denton Magnet academic standards students must earn 21 points per week. Listed below is a guide to help you and your students keep track. Each week the student will earn 15 points for dressing and 15 points for participation.
   1. 27+ points A
   2. 24-26 points B
   3. 21-25 points C
   4. Below 21 – E

The following percentages show the breakdown of your student’s final grade:

* + 1. Dress: 20%
    2. Participation = 60%
    3. Health/Assignments = 20%

1. Each nine week grading period students will be completing online homework assignments. These assignments will be completed outside of PE class time. Assignments will include a variety of subjects such as sports, mental health, physical health, social health, and so forth. Online assignments will be completed through google classroom. The student will use his/her email address and school password to login.

**Weather conditions:**

Boys and girls will break off between the gym and designated outside PE areas to complete activities following squad line exercises.

* If it is raining, lightning, or thundering students will not be allowed outside.
* Cold weather: Students will participate in outdoor activities unless the temperature is below 40 degrees. We encourage you to purchase the school PE sweat shirt and sweat pants in order to keep your child warm during the winter months. NO OTHER SWEATS WILL BE ALLOWED! We will begin taking orders for PE sweatshirts and pants August 8th – October 2nd. The order will be placed on October 3rd and should arrive before Thanksgiving break. Students who refuse to go outside will be given a 0 for the day and be sent to office.

**Doctor’s Excuse:**

* Students who have a doctor’s excuse will have an alternative assignment and unless it is specified by the doctor they will still be expected to dress out and follow the proper procedures as stated above. When squad line exercises begin they will relocate to the specified medical excused desk to complete their alternative assignment/s for the day.
* In order, to resume participation the student must have a doctor’s note that releases the student from any restriction.

**Parent Notes:**

* If a student is unable to participate fully on a particular day due to illness or injury, he or she must bring a written note signed and dated by a parent or guardian. This note will be accepted for up to three (3) consecutive days.
* An excuse from total participation of any duration or restrictive participation beyond three (3) consecutive days shall be confirmed by a physician's statement specifying the type of illness or injury and the nature and duration of the restriction. The statement should include the types of activities to be avoided in order to allow the physical educator to modify instruction for the student.
* When a student is unable to fully participate, daily activities will be modified according to specific needs provided in the written excuse. For example, a student may be asked to walk during lesson time.
* An excuse from a chiropractor will be recognized regarding problems of the skeletal framework, sprains, and muscular difficulties. However, excuses related to colds, sinus conditions, and other illnesses generally treated by medical doctors will not be accepted from chiropractors.

**Health/ Medical concerns:**

**Please fill out and return the health form that will be provided by the school nurse with the appropriate documentation so we can create a medical plan for your child.**