

Pike County High School
2019-2020 Physical Education Syllabus

Course Overview

Physical Education is an important aspect of the total educational program. Pike County High School education department encourages 100% participation in physical education of all students regardless of their level of athletic skill or ability. Students will participate in a variety of individual and team activities. Students will learn how to incorporate physical activity into their daily lives. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged. Each course activity in Physical Education will concentrate on developing and maintaining each student's overall fitness.

The overall physical education goals for 2019-2020 are:

1. Teach children the importance of physical activity and nutrition
2. Promote positive social interactions with peers
3. Promote and enhance health and wellness

Course Activities

Physical Fitness Test	Volleyball	Circuit Training	Archery
Flag Football	Basketball	Table Tennis	Pickle ball
Softball	First Aid	Weight Training	Tennis
Health	Cool-tools	Recreational Games	Prezi
Modified Golf	Cross Fit		

Classroom Discipline

1st Offense	Warning	3 rd Offense	Contact Parents
2 nd Offense	Conference with Teacher	4 th Offense	Office Referral
***** <i>Fighting is an automatic office referral</i> *****			

Grading

Participation	80%
Written test /presentation	10%
Skills	10%

A: 90% – 100% **B:** 80% – 89% **C:** 70% – 79% **D:** 60% – 69% **F:** 0% – 59%

If a student needs to be excused from participating, they must do the following:

- Bring a signed and dated written note from a parent or guardian with a valid reason (illness/injury).
- If you have an injury to prevent you from participating longer than one week, a doctor's note will be required. The coach will then assign alternative work.

Note to Parents

This Physical Education syllabus provides a general plan for the course. The Coach has the right to change or modify any section as needed during the school year to adequately meet the needs, abilities, and interest of students. Students are expected to perform up to the class expectations and nothing less. We are willing to work with you in any way possible to ensure the success of your child in our class. Please sign and return this form promptly. If there are any questions or concerns please call (334) 735-2389 or email dholland@pikecountyschools.com.

Physical Education Information Sheet

In order to best serve your child's need, I would like to know of any health conditions or food allergies your child may have. This information will be kept confidential and will be shared only with the school nurse. Thank you for your continued support!

Check All That Apply:

- ☐ Asthma
- ☐ Allergy
- ☐ Diabetes
- ☐ Bee Sting Allergy
- ☐ Seizure Disorder
- ☐ Other _____

I, _____ (Print Name) have read each of the statement in the Physical Education Safety Contract and understand these safety rules. I agree to abide by the safety regulations and any additional written or verbal instructions provided by the school district or my teacher. I further agree to follow all other written and verbal instructions given in class.

Student Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

Parent Contact Information:

Home Phone: _____

Cell Phone: _____

Work Phone: _____

Yours in Coaching,

Doug Holland, Ed.S.