

Mr. Stevens Physical Education Syllabus

School Phone: (xxx)xxx-xxxx

School Email: xxxx@xxxx

Course Description:

This course focuses on students becoming independent decision makers capable of planning for lifetime fitness and physical activity, while achieving current personal fitness and activity goals. Students are provided with experiences in psychomotor skills, movement, goal-setting, and health-related fitness knowledge. Students participate in movement experiences, team sports, individual and dual sports, dance/rhythms, and lifetime recreational activities. Instructional practices incorporate integration of diversity awareness including appreciation of all cultures and their important contributions to society.

Course Goals:

1. To understand and apply knowledge about the benefits of physical activity as it relates to personal health and wellness.
2. To develop and maintain efficient and effective motor skills in a wide range of activities.
3. To evaluate different methods in achieving and maintaining physical fitness through personal goal setting.
4. To understand the similarities and differences in playing areas, equipment, rules, and safety requirements for a variety of sports and fitness activities.
5. To understand how proper nutrition and physical conditioning affect body composition.
6. To develop a personal fitness plan and continually monitor progress.
7. To acquire and use self-management skills to participate in lifelong physical activity.
8. To examine biomechanical movement concepts as they relate to fitness and sports related activities.
9. To develop patterns of behavior which allow for more effective social relationships, self-control, sense of fair play, respect for others, responsibility, cooperation, and courtesy.
10. To understand both the skill and health related components of physical fitness.

Rules and Expectations

- Students will dress out everyday (Dressing out includes the following)
 1. Wearing athletically proper shoes
 2. Wearing the provided physical education shirt and shorts (unless stated otherwise by myself)
 3. Cell phones will be left in the locker room (unless otherwise stated by myself)
- Students will enter the locker room and get changed and enter the desired location quickly.
- Students will not have their phones out in the locker room to prevent video taping or recording of any kind.
- No bullying of any form will be tolerated
- Students will participate everyday (certain circumstances will apply to some students in case of having to leave class or because of injury)
- Reasons for missing class or not participating will be talked over with the teacher before the class starts.
- Students will be expected to participate with 100% effort and attitude to myself, their classmates, and their selves.

Consequences

- Not dressing out will constitute a zero for participation for the day.
- Bullying will be dealt with by myself or administration based upon severity.
- Any video taping that is reported will be dealt with by administration.
- Phones that are brought to class will be taken.

Hello Student

I am Mr. Stevens, your physical education teacher for this semester. I am looking forward to a great time with you, playing games, learning about nutrition, and other physical activities that will hopefully follow you into the rest of their lives. Physical education is very important to me and I hope to model that for you in the weeks to come.

Please feel free to contact me for any reasons or concerns you will have throughout the year. I am very flexible and understanding in many situations when I am contacted and notified ahead of time of any situation. Please feel welcome to contact me at my school phone or email with any questions or concerns you may have.

-Travis Stevens

I have hereby read the syllabus

Student Name _____

Student Signature _____

Parent/guardian Signature _____