

Physical Education Syllabus
Mr. Czarnik
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Meeting Times
Monday-Friday 7:30AM-8:30AM

Course Description

Physical Education is a required course for all students at Clarenceville High School. These classes are co-educational and are required for graduation. Physical Education is a physical skill subject that introduces students to physical fitness and team sports. Emphasis is placed on physical fitness striving to improve one's muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Throughout the course the student develops basic physical skills and knowledge that ensures the student the opportunity to develop his/her own potential. The student learns the importance of daily physical activity and a healthy attitude towards self-discipline. The students are required to participate in fitness activity testing. Proper clothing is expected during participation in all activities. Students will participate in Volleyball, Basketball, Soccer, Handball, Ultimate Frisbee, Kickball/ Whiffle Ball, and Yoga/Dance.

Course Objectives

- Develops basic physical skills and knowledge that ensures the student the opportunity to develop his/her own potential.
- Understand the importance of daily physical activity and a healthy attitude towards self-discipline.
- Achieve cardiovascular and strength improvement.

Course Content

Unit 1: Fitness Testing (pre)
Unit 2: Ultimate Frisbee
Unit 3: Soccer
Unit 4: Basketball

Unit 5: Handball
Unit 6: Volleyball
Unit 7: Nutrition Report
Unit 8: Fitness Testing (post)

Google Classroom
Classroom Code: nwwqzcy

Classroom Culture/ Expectations

- Respect yourself, each other, and all equipment in the gymnasium.
- No eating of any kind is allowed in the gymnasium.
- Locker rooms will be open at the beginning and end of class. You will NOT be allowed to re-enter during class time.
- All personal belongings are to be kept in the locker room or your school locker for the duration of class.
- No cell phones in the gymnasium.
- Students must wear proper attire (dress out) each day to be eligible to participate and earn participation points. Gym shoes are all that is required, you may bring gym clothes to change into as well, though it is not required.

Roll Call Procedure

All students will dress out and report to their assigned area.

- Class and attendance begins promptly five minutes after the last bell rings, and will be dismissed 5 minutes before the conclusion of class.
- At the conclusion of class, students are not to leave the gym until the dismissal bell rings.
- Lockers
- Each student will be assigned a locker and a combination lock.
- All students must use the locker provided by the PE teacher.
- The Physical Education department at Clarenceville High School is NOT responsible for lost or stolen items. Each student is responsible for securing all of their personal items in their assigned locker. Please do not bring large sums of money, jewelry, cell phones, ipods, into the locker room.
- Lockers are not to be abused. Any student caught vandalizing lockers will be suspended from school. Destruction of school property is a legal offense, and will be reported to the Livonia Police Department.
- Any students caught stealing in the locker room will be suspended from school.
- Excused Absences
- Students who are excused from participation because of injury or illness must have a signed statement from a physician or doctor. They will still be required to dress out, but will be given an alternate assignment for the day.
- Any student who cannot participate in PE for a period of three or more days will be given an alternate assignment for the duration of time they are injured.

Grading/Assessments

- Semester grades are based on participation, skills assessments, and quizzes.
- Participation (10 points per day) is based on active engagement, sportsmanship, and following the rules.
- Unexcused absences will result in a zero for participation as well as any missed skills assessments or quizzes.
- Students are eligible to make up missed participation or assignments if their absence is excused. Students are expected to contact their instructor upon their return to school to make up participation or assignments.
- Grades will be determined using the following score composition and scale:
- Participation: 60%
- Quizzes/Writing Assignment: 20%
- Final Exam: 20%

A	100-94
A-	93-90
B+	89-87
B	86-84
B-	83-80
C+	79-77
C	76-74
C-	73-70
D+	69-67
D	66-64
D-	63-60
E	59-0

School Policies/ Procedures

See student handbook

Attendance

See student handbook

Student Signature: _____

Parent/Guardian Signature: _____