



# *Physical Education Syllabus*



## *Lesson Parts*

Everyday students will begin P.E. with an introductory activity. This is where we will warm-up the body and loosen up muscles. Next will be the daily fitness activity where we go through a variety of cardio, strength, abdominal, and flexibility exercises. Students then move into the lesson focus activity where students learn new skills, game dynamics and many lifetime fitness activities. Lastly, students will participate in a game or activity that will either incorporate what they learned that day or rehearsed something from a previous lesson.

## *Appropriate Dress*

Students will be expected to dress out in appropriate clothes daily for P.E. Acceptable attire is Arizona College Prep shorts and t-shirts, sweatpants and sweatshirts in cooler weather. Tennis/athletic shoes only. No tights/yoga pants, sandals or boots. *\*\*PE clothes are to be taken home often to be cleaned and returned to use.*

## *P.E. Rules*

My rules are as follows:

1. Listen to all instructions without interrupting
2. Be here on time and ready to go
3. Respect all equipment, staff, and peers
4. Be positive and do your best!

## *Behavior Management*

If students do not abide by these rules, the following will be the consequences:

1. Warning
2. Sit out of activity/loss of participation points
3. Communication between Parent and Teacher
4. Referral to Administration

## *Absences/Excuses/ Make-up*

All absences must be made up by completing a make-up form that students can find in the PE locker room or online on my website. Students will need to complete 60 minutes of physical activity within 5 days of the absence and have a parent or guardian sign off.



## *Grading*

Grading will be based on participation/dressing out, improvement, and health class assignments. Inappropriate behavior (after warnings) and unexcused absences will result in a loss of the day's total points. Not showing up in correct attire or coming in tardy will be a loss of the day's points. If not able to participate for an extended period of time (injury, etc...), an alternative assignment will be given (i.e. article summary, makeup packet).

Grades will be given for the following:

1. Daily Points (10)
  - Participation / Effort 5 points
  - Behavior / Attitude 5 points
2. Journal Day Assignments (10)
3. PE Essays (varies)
4. Final Exam (20% of Semester Grade)

*\*Please feel free to contact me, Coach Treadway, or meet with me at anytime.*

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