**EAST KNOX JR/SR HIGH SCHOOL**

**PHYSICAL EDUCATION COURSE INFORMATION AND REQUIREMENTS**

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Mr. Powell rpowell@ekschools.org

**COURSE OVERVIEW:**

The Physical Education curriculum is designed to increase physical fitness through small group activities and individual/dual lifetime activities.  These activities will promote both team building and cooperative learning through group activities and initiatives.  Non-traditional activities will provide instruction for motor skill development, cooperative learning, problem solving and promote lifelong fitness and wellness.  Activities are selected to foster interest and appreciation in fitness and wellness throughout healthy life spans.

**Physical Education Grades will be based on three (3) components:**

**PREPARATION \* WARM-UP \* ACTIVITY**

**PREPARATION REQUIREMENTS:**

* Students will wear appropriate clothing for *MOVEMENT* and must have **PROPER FOOTWEAR**
* Students will NOT be able to participate in indoor activities without **PROPER FOOTWEAR** **(NO Hey Dudes, Crocs, Boots, Sandals, Slides, Slippers, or Dark Colored Soles).** Students with Improper footwear will be given a computer assignment to complete by the end of that class period. **(This Assignment Will Be Worth 15 Points)**
* Students should monitor the weather and be prepared for outdoor activities.
* All clothing will be in accordance with the district dress code policy

**WARM-UP REQUIREMENTS:**

* Students are expected to participate in an organized warm-up prior to the beginning of class activity
* The warm-up consists of cardiovascular, flexibility and muscular strength components
* A deduction of *5 POINTS* will occur for EACH day a student does not participate in the daily warm-up activities

**ACTIVITY/PARTICIPATION REQUIREMENTS:**

* Students are expected to participate in each class to the best of their ability
* *STUDENTS ARE GRADED ON INDIVIDUAL EFFORTS AS WELL AS COOPERATION and PARTICIPATION*
* Each class carries a value of 15 points. Refusal to participate will result in zero (0) points for that particular class.

**COURSE UNITS:**

* Volleyball, Badminton, Ping Pong
* Basketball, Wiffle Ball, Floor Hockey, Gym Games, Ultimate Frisbee
* Walking, Circuit Training

**USE OF LOCKER ROOMS:**

* It is suggested that students lock up their belongings during each PE class
* Students are *RESPONSIBLE* for their own belongings in the gym and locker rooms
* PE teachers are *NOT* responsible for lost or stolen items

**CELL PHONE/EAR BUDS POLICY:**

* Cell phones and/or ear buds are not permitted during class time as they will not allow for maximum participation

**MEDICAL AND EMERGENCY EXCUSES:**

* Physicians’ notes MUST include the following:
  + Nature of injury/condition
  + Dates to be excused
  + Any class restrictions

STUDENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

STUDENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

PARENT/GUARDIAN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

This paper must be returned and signed for **50 Points** toward your grade.