

## Physical Education

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**Course Description:** Students will achieve and maintain a health enhancing level of physical fitness through a variety of physical activities and testing (Fitnessgram).

**Materials:** Students **MUST** change clothes each day for physical education class. Appropriate clothing includes shorts (without buttons, zippers, or belt loops) or sweat pants, t-shirt, socks, and tennis shoes. P. E. shorts should hit at mid-thigh or longer when standing. Yoga pants and tights are not allowed. Please label your PE clothes with your name. Students are encouraged to take clothes home to be washed each Friday.

### Grade Distribution:

Classwork/ Participation	60%	A	90-100
Tests (written and skills)	40%	B	80-89
		C	74-79
		D	70-73
		F	0-69

**Make-Up Expectations:** In Physical Education class, a written note with a parent's signature is required to excuse a student from participating, but students **MUST STILL DRESS OUT**. A **DOCTOR'S NOTE** is required when being excused for longer than (5) five consecutive days.

**Assignment / Assessment Guidelines:** Students **MUST** dress out (according to the school dress code) everyday, in order to fully participate in class. Students not dressed will be given an alternate assignment for partial credit. Students will earn 10 points a day if all requirements are fulfilled. Each time a student does not dress out, 5 points will be deducted from his or her grade. Failure to participate in an activity can result in a 1-5 point deduction. Participation begins when the student enters the gym.

### Physical Education Participation Rubric:

- 5pts- Student is actively engaged/participates in all activities.  
Student is always listening when the teacher is talking.  
Student is always behaving in a respectful manner.  
Student encourages others to do their best.
- 4pts- Student is actively engaged/participates in most activities.  
Student almost always listens when the teacher is talking.  
Student rarely behaves in a disruptive manner.  
Student gives support to others.
- 3pts- Student is actively engaged/participates in some activities.  
Student usually listens when the teacher is talking.  
Student sometimes is disruptive during the class.  
Student tries to give support to others.
- 2pts- Student is actively engaged/participates in a few activities.  
Student occasionally listens when the teacher is talking  
Student is often disruptive.  
Student rarely offers to support others.
- 1pt- Student is actively engaged/participates in none of the activities.  
Student rarely listens when the teacher is talking.  
Student is always disruptive.  
Student never shows support for others.

**Reassessment (Do Over) Policy:** Students who are unable to participate due to injury or illness, may be required to complete a written assignment to earn their participation grade.

**Participation and Attendance:**

Dress out and actively participate each day.  
Exhibit a positive attitude and good sportsmanship.  
Display responsibility and respect within all teaching areas.

**Class Requirements and Expectations:**

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.  
Students will value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.  
Students will participate regularly in physical activity.

**Behavior:**

Our classroom is a positive learning environment where all students feel safe, valued, and equal. The Eagle card in the student agenda will be used, when necessary.

**Disclaimer:**

We reserve the right to alter this syllabus as it becomes necessary to achieve the goals and objectives of this class. Students will be made aware of any necessary changes in a timely manner.

**Medical Information and Parent Signature:**

Please list any medical information that may affect your child's participation in physical education, sign and return the next page to show that you have read and acknowledge the course guidelines and syllabus for this class and have discussed it with your child. If we need to change or adjust any section of the syllabus to more adequately meet the needs, abilities, and interests of your child, your child will be made aware of these necessary changes.

We look forward to working with your child and we encourage you to check our blogs to see assignments, due dates, handouts, etc. If you have questions regarding your child's grade or your child's behavior, do not hesitate to contact us.

Sincerely,

Jenny Felix  
David Ravenscraft



## Physical Education – Medical Information and Parent Signature

Student Printed Name: \_\_\_\_\_

Medical Information: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Parent / Guardian Email Address: \_\_\_\_\_

Parent / Guardian Phone Number: \_\_\_\_\_