

# JESUIT ACADEMY PHYSICAL EDUCATION

2013-2014

**Teacher: Mr. Yano Jones**

**E-mail: [yjones@jesuitms.org](mailto:yjones@jesuitms.org)**

**Office: 402-346-4464 ext. 14**

## PURPOSE

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) participation skills, (d) health, (e) social behavior, and (f) strategies for physical activities.

## GOALS

1. The student will be able to demonstrate competency in many movement forms and several forms of physical activity.
2. The student will apply concepts and principles of human movement to the development of motor skills.
3. The student will analyze the benefits of regular participation in physical activity.
4. The student will achieve and maintain a health-enhancing level of physical fitness.
5. The student will demonstrate responsible personal and social behavior in physical activity.
6. The student will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.

## RULES AND CONSEQUENCES

All rules set forth in the Jesuit Academy Handbook will be enforced and any violations of specified by the demerit system. Additional rules that will be applicable in Physical Education class shall be as follows:

## CLASS RULES

1. Listen and follow directions
2. Respect others
3. Participate in all class activities
4. Keep hands to yourself
5. Be on time for class and roll call
6. Have good personal hygiene
7. Be responsible for personal belongings
8. Have a positive attitude
9. Respect other students' belongings
10. No Gum, Food or Liquids
11. DO NOT leave class w/o permission.

## CONSEQUENCES

- 1<sup>st</sup> Offence – Verbal Warning
- 2<sup>nd</sup> Offence – Written Assignment and or Parent contact
- 3<sup>rd</sup> Offence – Detention
- 4<sup>th</sup> Offence – Referral to the Office

## ABSENCES

The P.E. grade is based on a points system. If a student has an excused absence he/she will be required to submit a written summary of a newspaper or magazine article for each day of absence. The articles are to be on any sport, health or fitness. Students have up to five days to complete and hand in assignments to receive make-up points.

**Of course, when an unexcused absence occurs, there is no opportunity for make-up points.**

## TARDIES

Students are expected to be in their respective locker rooms by the time the tardy bell has rung. If students are not inside the locker room by this time they will be marked tardy. The first tardy is a warning, the second tardy results in a note or phone call home, the third tardy is a mandatory detention, and the fourth tardy and subsequent tardies thereafter result in automatic administrative referrals.

## GRADING

Students can earn up to 5 points for each full school day of the quarter. Student's grades/points will be based on dressing out, participation and cooperation, written tests and assignments. Students are required to dress out daily. If a student chooses not to dress out, all twenty points will be deducted from his/her daily grade.

## DRESSING OUT

Students will be expected to wear the physical education clothing:

1. Shorts
2. Shirt
3. Tennis Shoes
4. Socks (7<sup>th</sup> and 8<sup>th</sup> Grade) - Only
5. Deodorant (7<sup>th</sup> and 8<sup>th</sup> Grade) – Only

Tennis shoes with laces and socks are also required. Shoes with dark soles that mark the gym floor are not allowed. Each student is expected to dress out daily unless otherwise specified. Sharing of clothes is not permitted. It is required that each student takes his/her clothes home each Friday and brings clean clothes on the Monday of each week. Students will not be allowed to wear clothes that have been worn to school for P.E. class P.E. clothes cannot be worn under school clothes and school clothes cannot be under P.E. clothes

**\*\*\*DISCIPLINE FOR NOT DRESSING OUT\*\*\***

Students are expected to change their clothes and dress out every single day of class. If a student does not dress out 3 times in any given marking period the parent will be contacted. The 4<sup>th</sup> and 5<sup>th</sup> times a student does not dress out in a marking period they will be given a detention each time. The 6<sup>th</sup> time and every subsequent time a student does not dress out for that marking period they will be given an administrative referral. This process will start over every 9 weeks.

**P.E. JOURNALS/COURSE OUTLINE**

Students are expected to write at least 2 sentences every day about what they did in class. The journals will be checked periodically for a grade. The dates **MUST** be written on the journal entries to receive full credit. The topics/units they will be writing about in Physical Education class will include but are not limited to the following activities/sports: Physical Fitness, Volleyball, Football, Basketball, Ultimate Frisbee, Soccer, Gatorball, Softball, Kickball, and more.

**HYGIENE**

Health and P.E. can't be separated; therefore, personal hygiene is emphasized. Showers are encouraged, but not required, and clean physical education attire is expected. A student may want to have more than one set of P.E. clothes.

**DOCTOR'S NOTES**

A doctor's note is needed to excuse a student from dressing out. However, if the doctor's note indicates the student can participate on a limited basis they would be required to dress out. If the doctor's note completely excuses participation the student will be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc...). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an "A" in P.E. class. Those with asthma can be active in class but may need an inhaler, and those with inhalers must have a doctor's note on file in the office

**TESTING**

All students will be required to take quizzes, tests and/or exams throughout the course of the year.

-----<Cut Here>-----

Please sign below indicating that you have read and understand the Jesuit Academy P.E. Syllabus and will abide by its rules.

\_\_\_\_\_  
Student's Signature      Date

\_\_\_\_\_  
Parents/Guardian Signature      Date