

Physical Education Department  
Mr. Robles 2020/2021

**\*Important \***: Students need two years of Physical Education credit to graduate High School.

**Requirements**

**PE Clothes**: Each student must have a complete change of athletic clothing that is to be worn at the beginning of class. There will be no school clothes worn under or over PE clothes. Students are recommended to wear the Don Lugo's Physical Education t-shirt and shorts. A good substitution for this is a solid white or gray t-shirt and dark colored shorts. Student's name must be visible on their shirts and shorts.

**Shoes**: All students must wear **athletic footwear and socks** during the entire PE class. All footwear must be worn properly in order to prevent any injury. There are absolutely no sandals and open toe shoes worn during class.

**Other**: Students with a short-term medical or parent excuse **must still dress out**. The student is required to write a paper about what is being done during class. This assignment will take place of participation in class. The student must bring a pencil and paper and turn in assignment at the end of class. A parent may excuse a student for up to 3 days (**total**) per semester. After that, a doctor's note is needed. Students who cannot participate in Physical Education for an extended amount of time may receive a NG (no grade) or be removed from the class to be taken during a different semester.

Initial here \_\_\_\_

If a student is out for an extended period of time due an illness or injury, please ask Doctor what the student is able to due in PE. For example, student can walk, or can do only upper body or lower body activities. Initial here \_\_\_\_

**Behavior**: Each student must put forth behavior that appropriate in class and online class. Each student's behavior must NOT interfere with any class instruction in which may take away instructional time form other students.

**Rules**

1. Students must dress out, participate, and give excellent effort during the entire PE class. Failure to dress out, participate, and lack of effort will result in lowering of grade.
2. Always Respect the teacher and others .
3. Students must be on time and ready for class.
4. No food, drink (water only), and gum during class
5. No profanity, inappropriate behavior, or any type of harassment.
6. All students must remain in class during online class time.
7. Make sure you maintain a proper and safe environment.

## VIRTUAL CLASSROOM EXPECTATIONS



### Failure to follow directions

1. Warning/Redirection to improve student's behavior
2. Parent contact
3. Referral to office

### Grading

90-100 A

80-89 B

70-79 C

60-69 D

59-0 F

Students receive the following points:

4 points per day for dressing out in proper Physical Education attire as mention in the requirements under PE Clothes and shoes, and full participation in class.

4 points Weekly Fitness log.

Up to 10 points per unit test: 100 point final

4 points for Homework ( PE 9 only)

Students can lose points by the following:

Suit Cuts ( non-dress)-4 points, Partial cuts -2 points, Tardy -2 points, Truant and Unexcused absents -4, and no participation -2 points, inappropriate behavior -2

Make-ups: A hand written 500-word paper in pen on a sport. (Rules, how to play, players, etc.) Only two are allowed for the semester. Each report is worth 4 points.

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**Please sign that you have understood the expectations stated above. If you require an extra set of expectations, please indicate below and one will be given to you.**

**\*\*Syllabus is subject to change\*\***

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**Print student first name**

\_\_\_\_\_

**Print student last name**

\_\_\_\_\_

**period**

Print parent/guardian name \_\_\_\_\_

Parent/guardian phone number: \_\_\_\_\_

\_\_\_\_\_

Student signature

\_\_\_\_\_

Parent signature

List any physical or medical conditions your son or daughter may have