

NORTH ALLEGHENY SCHOOL DISTRICT IMS PHYSICAL EDUCATION SYLLABUS

MISSION STATEMENT

Our mission is to help students improve their quality of life through regular physical activity. We will accomplish this goal by using a student-centered approach while teaching the psychomotor, cognitive, and affective aspects of physical fitness and sport. A continual emphasis will be placed on each student attaining a healthy level of personal fitness.

GRADING

Grades will be comprised of: **Classwork/Participation, fitness testing, cognitive knowledge, skill performance and homework.**

DRESS AND PARTICIPATION

- All students are required to wear the middle school physical education uniform during physical education classes.
- The uniform must consist of a gold North Allegheny Physical Education T-shirt, black shorts, and sneakers. The uniform must be worn in the appropriate manner as stated in the student handbook.
- It is the student's responsibility to dress appropriately for the weather during outside activities. (Students should keep a sweat shirt/sweat pants in their locker)
- All students must purchase a shirt and lock from the P.E. Dept. Students may bring their own shorts.
- **Shirts - \$7.00 Locks - \$6.00**
 - **CHECKS MADE PAYABLE TO (INGOMAR MIDDLE SCHOOL)**
- No jewelry is permitted in class.
- **THREE STRIKE RULE:** Students who do not dress for class will not participate and receive zero credit for that day. The 2nd no dress will result in a phone call home. *The third non-dress will result in a detention. (clean slate each 12 weeks)
- **Each student has the opportunity to earn 10 participation points each class period.** Students can also lose points for not fully participating, exhibiting poor sportsmanship/conduct or not dressing.
Not Dressed – minus 5 points if participating; 10 if not
Poor Participation - can lose up to 10 points
Poor Conduct – can lose up to 10 points
No Dear Book – minus 1 point
Late to Class – minus 1 point



ABSENCES AND MAKE-UPS

- It is the student's responsibility to inquire about any missed assignments.
- The 3rd absence of a unit will require the student to make-up the missed participation.
- The student will have 2 weeks from their return to school to complete a missed test or assignment.

LOCKERS



All students are expected, for security purposes, to purchase locks (\$6.00) for their locker from the physical education department. Students are responsible for their personal belongings.

EXCUSES

FROM HOME

1. In order to be excused from physical education, a student must have a written note from home (parent/guardian).
2. A student must dress in the required middle school physical education uniform and present the excuse to his/her teacher.
3. Excuses preventing participation in physical education due to an outside activity will not be accepted.

MEDICAL

1. If a student is going to miss three or more classes, a doctor's excuse is required.
2. The doctor must specify the nature of the excuse and the dates to be excused.
3. Students who are excused from all types of physical activity may be required to complete a short written assignment during class.
4. Students with medical restrictions will be expected to perform an alternate safe activity. (Ex. A student with a broken arm may ride the stationary bike to maintain cardiovascular conditioning.)
5. Students who are required to use an inhaler must leave medication with the nurse and use prior to class, unless otherwise authorized.

GENERAL PHYSICAL EDUCATION RULES AND PROCEDURES

1. No gum, food, or drinks are permitted in the gymnasium.
2. Students are not permitted to use the equipment without permission from their teacher.
3. Students are not permitted inside equipment room without permission.
4. Inappropriate behavior in the locker room will not be tolerated.
5. The teacher will dismiss the students to change at the end of the period.
6. The Locker room must be kept clean at all times.
7. Students must remain in the gym until the dismissal bell rings.
8. Students must have permission for water and restroom.
9. Boys enter and leave from the boy's side of the gym and girls must enter and leave from the girl's side of the gym.
10. During outdoor activities students should wait for their teacher to unlock the door. Under no circumstances should students knock on the doors/windows and disrupt other classes.
11. **Absolutely NO PERFUME, COLOGNE, SCENTED DEODORANT OR LOTION IN LOCKER ROOM OR GYM AREA! Please do not wear any on gym days either...**

Please sign and return to your physical education teacher by Thursday, August 30th.

☺I have read the North Allegheny School District Middle School Physical Education Course Syllabus with my son/daughter. I acknowledge the rules, policies and grading procedures for physical education.

Parent/Guardian _____

Student _____

