

ENTERPRISE HIGH SCHOOL COED PHYSICAL EDUCATION COURSE SYLLABUS

The physical education program covers four areas:

- Games and lifetime sports-
 - 9th grade
 - Non-traditional and individual activities/sports
 - 10-12 grade team sports
- Fitness activities and assessments
- Personal Fitness
- Leadership, teamwork, responsibility, and social skills

PHILOSOPHY STATEMENT

PHYSICAL EDUCATION
IS THE ONLY SUBJECT WHICH,
BY THE VERY NATURE OF ITS CONTENT,
HAS THE POTENTIAL
TO AFFECT HOW A PERSON WILL FEEL
EVERY MOMENT OF EVERYDAY
FOR THE REST OF HIS OR HER LIFE

PHYSICAL EDUCATION OBJECTIVE:

To get young people motivated to being physically active and making healthy choices on a regular basis. You are physically fit when you are able to carry out daily tasks without undue fatigue, handle emergency situations, and possess sufficient energy to enjoy leisure-time pursuits. A physically educated person is one who values and understands the importance of being physically fit.

**Our Mission is to guide you in the process of
becoming physically active for life**

CLASS EXPECTATIONS AND RESPONSIBILITIES

A successful student will be one whom can be:

- present to earn daily points
- dressed out in proper Physical Education Attire
 - responsible for their Phys. Ed attire, storing and cleaning
- to class and roll call on time- sitting down before a teacher enters gym
- able to complete all class work at the best of their ability
- responsible for all **medical excuses** and **absences make up**
- able to follow school wide cell phone/ear bud policy

ASSESSMENT AND GRADING

Daily Evaluations:

Students will be evaluated on a daily basis. Those evaluations include the following:

1. Participation and Cooperation- Dressed properly for class, on time, in assigned roll call order
2. Warm up- Performing all components of the warm up to the best of the student's ability
3. Cardiovascular Training- Performing the cardio workout activity to the best of the student's ability, on a bi-weekly basis.
4. Activity- Participation and cooperation in all aspects of the daily activity; drills, games lectures

MEDICAL EXCUSES:

A parent note or phone call to the Health clerk is required to excuse a student from class. Students are limited to 3 parent notes per year. A Doctor's note is required for any medical condition lasting for more than 3 days. Students will be required to complete an alternative assignment, which will be due at the end of the period for each day excused. Failure to complete the assignment will result in point deduction. If a student will be unable to participate for an extended period of time of more than a quarter a parent/teacher/counselor conference will need to be made.

PHYSICAL EDUCATION ATTIRE:

Students are encouraged to wear EHS black gym shorts and an EHS grey t-shirt or any school spirited attire. Tank tops, cut off sleeves of uniform, cut off shorts, board shorts, yoga/leggings style bottoms, and jean shorts are not allowed. **Students are expected to practice good hygiene and not wear their school clothes to class or under their uniform.** Tennis, running or court shoes are **recommended**. No Flip Flops, hiking boots, or plat form tennis shoes will be allowed for safety reasons. Sweats should be of school color. You may purchase a school issued Phys. Ed. Uniform for \$18.00 for the set or \$10 each. If finances are a concern contact your teacher.

Loaners are available on Mondays.

LOCKER ROOM: You will be issued a locker. Do not share you combination with anyone. **Lock up all valuables**, backpacks, and all other belongings. Do not hang out in locker room after getting dressed out for class; head to gym. After class, remain in the vicinity near the locker room area until the bell rings.