

JOHN TYLER HIGH SCHOOL
PHYSICAL EDUCATION
FALL 2008 – SPRING 2009

Course description

Our goal is to make physical education a fun, informative and beneficial total body workout for all students. Our specific objectives are: personal fitness, encouraging better eating habits, increased levels of life-long exercise, increased knowledge of the importance of water and higher academic scores through improved health and skill related components.

Class rules

- A. Students are expected to be on time for class, and for roll call. Students must be completely inside of the locker room to be on time. If you are instructed to dress first and report to a certain area for roll call you must be on time then as well. Students are given six minutes after the tardy bell to get dressed and be seated in their assigned seats for roll call.
- B. No candy or food will be allowed. Chewing gum is forbidden because of the cleanliness of school property and safety. Only water is allowed for hydration purposes only. Students may purchase other drinks from the vending machine during the last 10 minutes of class.
- C. Students are expected to dress out daily and participate in all assigned activities. Dressing out is wearing PE Uniform, socks and tennis shoes. Failure to dress out and participate completely will result in a reduction of daily grade. If you know that you are not going to dress out for any reason (doctor's note, etc.) you should be sitting in your assigned seat awaiting roll call.

Failure to dress out or follow any class rules will result in the following:

1st offense: Verbal warning-conference with teacher; possible detention; written assignment

2nd offense: Teacher intervention/Detention/Call home; written assignment

3rd offense: Teacher/Parent/Student conference. Referral to Behavior Specialist/Parent Liaison/Contact Parent. "N" in conduct; written assignment

4th offense: Referral and student sent to office. "U" in conduct.

* During offenses one and two a parent may be contacted and if your behavior while being disciplined for this offense is not favorable a referral will be written immediately!

Grading Policy

This course is majority activity and about 10% written. Throughout the semester written work may be assigned to aid in the retention of information for a sport or activity. These assignments will take the form of vocabulary, projects (group or individual), essays, notes or test. The student's grade average is a combination of 70% dress/participation and 30% Test. Students are required to dress out daily. 50% of daily grade is dressing out and the other 50% is participation. Physical Education is required to graduate and dressing out every day is important for passing this class!

Topics/ Ojectives Covered

Physical Fitness Testing

Fencing

Volleyball

Pilates

Basketball

Badminton

Self Defense

Multicultural Dance

Hockey

Cardio Kickboxing

Softball

Soccer

Aerobics

Kickball

Weight Training

Jump Rope

Flag Football

Tennis

And any activity deemed appropriate for the semester.

Special supplies

- A. Uniform-By the **third class meeting** (Aug 29 & Sept. 2) each student is required to bring a T-shirt and shorts that are appropriate to school dress code. The required uniform for the department will be a John Tyler issued shirt and pair of shorts. **The cost for the uniform is \$15.00.** The uniform is sports grey t-shirt with royal blue print and black 9" inch inseam polyester short. Both the shirt and shorts will have a space for the student to place his or her name. **The money for this uniform is due by the third Friday of the first six weeks.** (Semester I -September 12, 2008 & Semester II - February 6, 2009). Financial arrangements can be made if a request is made in advance. If a larger size is needed or we cannot accommodate your size requirements, we will adjust our requirements to take care of your situation.
- B. Tennis shoes and socks are required. Each student must furnish his or her own tennis shoes and socks. White socks and shoes made for all types of activity are recommended (Ex: Cross-trainers, **(NO PLATFORM SHOES OR SLIDES/SLIDES WILL BE ALLOWED)** Anything other than tennis shoes will result in a reduction in student's daily grade.
- C. Spiral Notebook-Each student is required to keep and maintain a notebook. Students are expected to take notes and complete daily assignments with the notebook. Notebooks are graded at the end of each six weeks and is a major part of the six weeks grade. Colors are as follows: (A1-Yellow, A3-Green, B1-Red, B3 Blue)
- D. Toiletries-Each student should furnish their own towels, bath soap, deodorant, combs, and lotion. Shower facilities are available if you would like to shower before going to your next class. Extra towels, soap and other limited hygiene products are available upon request.

All uniforms and notebooks will be kept at school. Uniforms are washed weekly and kept in your assigned PE locker. This uniform will be worn throughout the time it takes the student to complete their credits for graduation. If the student chooses to take the uniform home to be laundered (washed) and does not return to school with the uniform on the next class day, it will affect their grade average.

Each student will be issued a locker when they purchase a uniform or bring clothes from home. This locker is to be occupied by the student only and sharing of combinations is not advised. PE uniforms and shoes are the only items to be kept in the lockers. The P. E. department will not be responsible for any stolen or lost articles left outside of the locker.

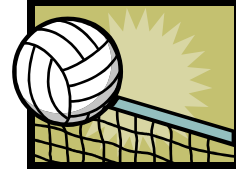
Daily Procedures

- A. All students will dress out each day, including the days you are ill. If you have an excuse from a doctor or nurse it must state whether you are not to participate in any physical activities and dress out for class. Parent notes will only excuse a student for one day from activity. The parent note **will not** excuse a student from dressing out.
- B. If you do not participate in class activity, **due to illness**, you will receive an alternate assignment. This assignment must be completed in class and will represent your activity grade for the day. These assignments are **will not** replace dressing out for class.
- C. During any six weeks the instructor has the option to grant **one free day** from activity. The conditions that the student must meet are: dressing daily, good citizenship (which includes punctuality), attendance and asking for this free day in a respectful manner.

Make up work policy
Depending on the class activity missed the student may have a written make-up, physical or both. Make-up must be requested immediately upon return to class after absence.

Tutorial times	
Mornings Monday, Tuesday, Thursday 8:15 – 8:45 AM	Afternoons By appointment only. All PE teachers are coaches and have scheduled practices after school when they are in season.

Teacher contact information Phone: Girl’s PE: 903-262-2898 Boy’s PE: 903-262-2889 Leave Message: 903-262-2890	Email: Barbara Collins-Granberry: barbara.granberry@tylerisd.org LaMessa Derrett: lamessa.derrett@tylerisd.org Duke Atterberry: duke.atterberry@tylerisd.org
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JOHN TYLER HIGH SCHOOL

**MEDICAL INFORMATION FOR PHYSICAL EDUCATION
1120 N. N. W. LOOP 323
TYLER, TEXAS 75702
(903) 262-2850**

TEACHER'S NAME _____ **CLASS PERIOD:** _____
STUDENT NAME: _____

CURRENT ADDRESS: _____
HOME PHONE: _____

**DEAR PARENT,
WE ARE INTERESTED IN OBTAINING MEDICAL INFORMATION PERTAINING
TO YOUR CHILD'S HEALTH. PLEASE PROVIDE US WITH THIS INFORMATION SO
WE MAY BETTER SERVE YOUR CHILD'S NEEDS.**

NATURE OF DISABILITY (INJURY OR HANDICAP) AND REASON FOR RESTRICTION:

MEDICATION (S) TAKEN FOR CONDITION: _____

**EXISTING HEALTH PROBLEMS (CHRONIC DISEASES; EX: ASTHMA, DIABETES OR
HYPERTENSION) OR PHYSICAL HANDICAPS:**

NAME AND PHONE NUMBER OF DOCTOR:

NAME AND PHONE NUMBER OF PARENT OR GUARDIAN:

**WE HAVE THOROUGHLY READ THE GUIDELINES FOR ACTIVITY P. E. WE ARE
COMPLETING AND SIGNING THIS FORM AS PROOF OF RECEIVING AND
UNDERSTANDING THE 2008 – 2009 JOHN TYLER PHYSICAL EDUCATION
DEPARTMENT POLICY.**

STUDENT SIGNATURE AND DATE:

PARENT SIGNATURE AND DATE:
