



Woodcrest PE Syllabus – REVISED 9-18-24

PE. Uniform

In physical education, coming prepared to class means having your PE uniform and proper footwear every single day. You will dress out in your P.E. uniform even if it is a minimum day, raining, windy, hot, you are taking a written test, you are fitness testing, you are waiting while other students test, you are taking notes, etc. It is our way of making sure everyone is ready to participate at any given time and to identify the students in our class. We thank you in advance for cooperating with this requirement.

A proper P.E. uniform includes:

- Woodcrest PE Shirt and PE Shorts. As well as athletic
- A white or gray shirt labeled with your name may be uniform, but you must figure out a way to label them
- Sweatpants and sweatshirts can be worn on cold days pockets allowed.
- Crocs, boots, sandals, slip-on shoes, hats, hoods, beanies, and jewelry are not allowed to be worn during PE.
- Clothes that you wear to school are not allowed to be worn as your PE uniform or under your PE uniform.
- You cannot borrow or wear other students' PE clothes.
- Loaner uniforms will be provided to students who forget their PE clothes.

PE Shirt = \$15
PE Shorts = \$15
PE Lock = \$10
CASH ONLY

shoes that lace up. Your name must be labeled on your uniform. used as your uniform. Black basketball shorts may be used for your with your name.

but not during hot weather and not inside the GYM. No hoodies or

Grading

There will be 3 grading categories: Participation/Uniforms, assessments and attendance. Participation/Uniform is worth 60%. Assessments are worth 40% and include tests such as the mile run, pacer run, push up test, curl up test, and other fitness assessments. If you are absent from class, you will need to run a Make-Up Mile to earn back your lost points. Check the whiteboard in the GYM for the daily activity and important information.

Daily Participation

Students earn 10 points per day for participation. 5 points for having their PE uniform and 5 points for participation. A student will lose 5 points for not wearing any part of their PE uniform. Students will lose all their participation points for not participating in the daily activity or game; not running the daily running assignment; not stretching during daily stretches; and sitting down during class. In addition, students who are defiant will receive a zero and be sent to the office. Furthermore, students will lose 2 participation points for not wearing their PE uniform and be given a loaner uniform. Additional assignments such as written assignments, assessments, or tests will be given a total point value at the beginning of each assignment. Fitness testing such as push-up test, curl-up test, stretching test, and running test will be given every trimester and be assigned a point value. A typical week point total is 75 points. 50 points for participation and 25 points for the mile run. Absences will show as a loss of 10pt for regular participation days, and 35 points on mile run days (10 participation, 25 mile).

Mile Run Assessment

Once a week, students will run the Mile. This every week. This is a timed run and times are remembering their time after each run and student fails to record their mile time, they added to students who fail the mile to give who are absent on Mile Run Day will be given mile day. If you bring a parent note to be must make up your run.

MILE Run Grading Rubric

Under 9:59 Minutes = 25 points 100% A+
0:00 – 10:59 Minutes = 23 points 92% A-
1:00 – 11:59 Minutes = 21 points 84% B
2:00 – 12:59 Minutes = 19 points 76% C
3:00 – 13:59 Minutes = 17 points 68% D
4:00 – 14:59 Minutes = 15 points 60% D
5:00 – 15:59 Minutes = 10 points 40% F
Over 16:00 Minutes = 0 points 0% F
bsent = 0 points

is graded as a test and is worth an additional 25 points recorded for each student. Students are responsible for recording their correct time with their PE teacher. If a will receive an automatic 0. A third practice lap will be them extra practice to improve their running. Students a 0 and will need to make up their points on a makeup excused from running the Mile you will receive a 0 and

Citizenship

Students will receive 2 Behavior grades in PE. 1 for Citizenship and 1 for Work Habits. O = Outstanding, S = Satisfactory, N = Needs Improvement, and U = Unsatisfactory. Students who have 3 or more Mile times over 14 minutes will receive an N in Work Habit. Students who have 3 or more Mile times over 16 minutes will receive a U in Work Habit. Students who repeatedly demonstrate poor behavior such as cursing, talking during instruction, moving from their assigned PE numbers, horseplay, poor sportsmanship, yelling or running in the locker room, not following directions, etc. can expect to receive an N or U in Citizenship.

Attendance

Attendance will be taken every day when the tardy bell rings. Students need to be seated on their P.E. number or they will be marked tardy. Excessive tardiness will lower your P.E. citizenship grade. If you're late from the locker room or leave the locker room after your PE teacher has asked you to leave you will be marked tardy and receive a low-level referral.

***** If you have an EXCUSED absence on a normal participation day, you will need to make up the 10 points. If you are absent on a Mile Run Day, you will need to make up 10 points and the 25 Mile Run points = 35pts for missing class. ***UNEXCUSED ABSENCES ON THE MILE RUN DAYS WILL CAUSE THE LOSS OF ALL POINTS FOR THE DAY AND STUDENT WILL NOT BE ALLOWED TO MAKE UP THE MILE.**

Roll call

Your assigned PE number is like your assigned desk in your other classes. Students who move from their assigned PE, refuse to sit on their assigned number or lay down on their assigned number are defiant and will have their citizenship grade lowered. On the 4th warning students receive an N in citizenship and on the 6th warning they receive a U in citizenship.

Illness

If a student is ill, then a parent or doctor note is required. Notes need to be specific so we know exactly what activities a student can and cannot participate in. Please refrain from writing excessive parent PE notes for your student especially on mile run day. For doctor's notes, bring two copies of the doctor's notes. Turn one copy into the office and the other copy goes to your P.E. teacher. Students are still expected to dress out in their P.E. uniform and an alternate written assignment will be assigned. If your note says no PE that means you cannot participate at all.

- If a student cannot participate in P.E. for 1 to 3 days, a parent note is required.
- A doctor's note is required for any student who is out longer than 3 days.

Locker Room

Students will be issued a P.E. locker after they purchase a lock from the Woodcrest P.E. department. Personal locks are not allowed to be used. It is the goal of the physical education department to limit the occurrences of theft in the Boys and Girls locker rooms. The following rules must be always followed to ensure a safe environment:

- No horseplay of any kind inside the locker room. This includes pushing, running, yelling, throwing of items, standing on benches, banging on lockers, slamming locker doors, messing around in the bathroom area, etc.
- There is no eating, drinking or gum chewing allowed inside the locker room.
- Do not share your combination or locker with anyone.
- No electronics such as cameras or phones.
- Always double check that your locker is locked.
- Students may not be in the locker room unsupervised without permission from a teacher/staff member.
- No backpacks are allowed in the locker room for any reason. They must be left in the assigned area.
- Your behavior in the locker room is part of your citizenship grade.
- The school and/or pe teachers are not responsible for lost or stolen items.

Restroom

Students are expected to use the restroom during the 10-minute change out time at the beginning and end of the period in the locker room. Only 3 students are allowed in the restroom area at a time. Locker rooms are locked during the class period and students will not be excused to use the restroom during class.

Consequences

Students who behave inappropriately in any P.E. area (Field, GYM, Locker Rooms, Restrooms) will have their P.E. citizenship grade lowered. In addition, students will receive discipline referrals. There are two types of referrals, low-level referrals for minor incidents and high-level referrals for severe incidents. After receiving 3 low-level referrals, students will receive a high-level referral on the 4th incident and be sent to the office.

Unacceptable classroom/locker room behaviors:

Horseplay	Not following directions/defiance	Leaving locker room without permission
Failure to keep hands/feet to yourself	Talking during instruction/announcements	Staying in locker room after class was excused
Running/playing tag in locker room	Not sitting/stretching on assigned PE number	Vandalizing locker room
Littering	Screaming/making unnecessary noises	Squeaking shoes in the gym or locker room
Eating/Drinking	Inappropriate language	Using locker other than assigned locker
Chewing Gum	Misusing/damage/losing PE equipment	Throwing items in locker room
Not staying on task	Arguing with teacher/defiance	Poor sportsmanship

PE Equipment

PE equipment is not your personal property. You are expected to leave PE equipment alone until you are told by the PE teachers you may use the PE equipment. It is your responsibility to use PE equipment properly. Sometimes accidents happen and PE equipment breaks. That is okay. What is not okay is to slam racquets or hockey sticks, kick/throw balls into the GYM rafters or bleachers, kick/throw balls over the fence on purpose, touch students with PE equipment, or throw equipment at other students. Students who do not respect PE equipment, use it properly, or put it away when they're finished using it will not be allowed to use PE equipment.

PLEASE RETURN ONLY WHAT IS BELOW THE LINE.



Physical Education Agreement- Revised 9-18-2024

Thank you for taking the time to read through the P.E. syllabus and review it with your student. Please remind your students to wear their P.E. uniform and use their locker every day. Return this signed agreement to your P.E. teacher.

Student Name (Print): _____ **Date:** _____

P.E. Period: _____ **Student Signature:** _____

PARENT SIGNATURE: _____ **Date:** _____