

Physical Education
Syllabus
Instructor: Marilyn Bauer

Text Materials

- Physical Education Handbook (8th Edition)
- Pen or Pencil (On Suggested Day)
- Notebook for class notes (On suggested days)
- Dress out clothes (shorts or warm-ups) and shoes for participation
(Mandatory)

Course Description: Physical education is a very important part of our educational curriculum. The idea of being fit and healthy is at an all-time high today in our society. The media never lets us forget how important it is to eat right, exercise and take care of ourselves so we may live a long life. Today's education curriculum requires only one semester of physical education for graduation which does meet graduation requirement. Many schools are allowing students to take physical education every year so they can exercise their bodies, as well as their minds.

Physical Education Units (Tentatively)

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| *Presidential Physical Fitness Testing | *Soccer |
| *Fitness (Cardio-Monday) (Run and Walk 1 Mile) | *Softball |
| *Over Body Toning Workout
(Total Gym, Agilities, etc.) | *Team Handball |
| *Flag Football | *Floor Hockey |
| *Ultimate Frisbee | *Badminton |
| *Volleyball | *Basketball |
| *Horseshoes | *Recreation Sports |

Woodland Jr. High Physical Education Program Objective

Designed to provide each student with several opportunities such as:

- *Assessment of one's fitness level
- *Appropriate activities that will strengthen personal weakness
- *Development of lifetime skills
- *Give them an understanding enabling the student to lead a full and productive life while in school and afterward.
- *Learn how to take responsibility of their own health and provide information for those around them.

Physical Education Philosophy

To Teach: Lifetime Sports Introduce to different lifestyles
 Body Awareness Importance of Fitness
 Develop Healthy Choices Teach Character Education
 Teach Fitness Components (Age Appropriate)

Students Behavioral Expectations and Requirements:

- *Must be in assigned seat 5 minutes after the tardy bell.
- *Get dressed when you first get to the gym. If you do not dress out you must be sitting in your assigned seat. Not wondering around. You are allowed 5 minutes after the tardy bell rings to get dressed.
- ***Note:** Only a note from the doctor or school nurse will excuse you from participation.
- *All School Rules apply plus:
 - *Students must be respectful in the classroom at all times.
 - *Students will be in class on time.
 - *Students must come to class prepared.

Students Need:

- *Combination Lock (Combination will be given to Coach Bauer to put on file.)
- *Inside tennis shoes. (Shoes not worn outside.)
- *Royal Blue T-Shirt with last name on back in white lettering. Gym shorts or sweats. (No blue jeans, capris, tights)

Grading Policy:

- *Grades will be based on total points. (10 points a day—50 points a week)
- *Each day the students will be required to dress out and participate in activities to earn a grade.
- *You must be dressed out to earn a grade.
- *Not dressed out that day no grade for that day.
- *No make ups.
- *Dress out and participate you receive the full grade for that day.
- *Each day you receive a total of 10 points if dressed out and participate.
- *No dressed out you receive a “0” for that day.

Teacher Interns from University of Ark. will be teaching for 6 weeks during each semester twice a week in 2nd and 3rd periods. Supervised by Woodland Physical Ed. Teachers and College Instructor.

Presidential Fitness Test:

Testing: Push-ups Sit-and-Reach Mile Walk and Run
 Sit-ups Shuttle Run

Phone Number for Contact: Coach Bauer Office (444-3067 Ext. 1267)

Email Address: marilyn.bauer@fayar.net

Physical Education Lockerroom Rules (Coach Bauer)

- Rule 1:** Must be dressed out everyday for P.E. in shorts, sweat pants, and Royal Blue t-shirt with your last name in white on the back unless you have a note from the nurse's office or doctor.
Note: Parent note is not accepted.
Note: If you do not dress out that day you must bring something to study. If not I will have you write about a sport or an area of health.
- Rule 2:** Tardies will be kept. You have 5 minutes pass the tardy bell to get dressed and be in your seat before coach comes out.
Note: If you do not dress out you must be in your assigned seat by the time the tardy bell rings.
- Rule 3:** Must provide your own gym shoes. **NO** outside shoes are allowed on the court. You can not wear your street shoes on the court. You will be asked to wear your socks only.
- Rule 4:** **NO** gum chewing in class. If you get caught you will perform a challenge related to physical education.
- Rule 5:** **NO** swearing, rude gestures, put-downs, or bullying allowed in class.
- Rule 6:** Under **NO** circumstances are you allowed to leave the gym until the bell rings to release you for next class or Coach Bauer gives you permission.
- Rule 7:** You must stay by or in the gym until the bell rings to let you go to the next class period.
- Rule 8:** Do not go out into the lobby unless you have been given Permission by the teacher.
- Rule 9:** Stay out of the Coach's Office unless given permission to come in. Knock before entering and shut door behind you.
- Rule 10:** Stay out of the weight room or equipment unless given permission.
- Rule 11:** Result of stealing or misuse of other's belongings will be Reported to Dr. Lawson/Houston and Authority.
- Rule 12:** When I call you name for roll check, you will answer by Saying "Yes Mam" or Here Coach Bauer. **NO** talking during roll call.
- Rule 13:** You will be issued a locker and you must buy a combination lock and give your combination to Coach Bauer to put on file.

- Rule 14:** Be polite and respectful to each other. Treat other's as you want to be treated.
- Rule 15:** **NO** food or drinks in the gym, lobby area or lockerroom. Bottled Water and Gatorade is the only thing you may have. Soda Pops must be taken outside to be dranked.
- Rule 16:** **NO** cell phones or I-Pods out at any point of class or school. (Against rules, Invading Privacy, etc.). Will be taken up and sent to Mrs. Houston and the only way to get it back is for your parents to pick it up.
- Rule 17:** Form for not dressing out. It will documented on file why you are not dressing out.
- Rule 18:** **(Co-Ed Class)** There will be a male coach supervising the boys lockerroom during 6th period while students are coming in and out to get dressed to participate out and dressed back in.
- Rule 19:** Do not go back into the lockerroom unless you have my permission. For restrooms during class girls will use the lobby restroom and boys will have to ask for permission and use the lockerroom restroom. Prevents accusations if something is taken.
- Rule 20:** If you have any problems with anyone in class please come and tell me about it so we can take care of it up front. Other than that have a great time and enjoy yourself.