**MAYWOOD ACADEMY HS**

**PHYSICAL EDUCATION 2023-24**

**COURSE SYLLABUS**

**MS. LONGI**

The Physical Education Course is designed to expose students to individual, team, fitness, aquatic, cooperative activities, games and sports. Furthermore, the students will be exposed to health and nutrition. Through this course, I hope to equip you with skills, attitudes, and knowledge that will enable you to realize your full potential, enable you to participate in activities throughout life, and improve your overall quality of life.

COURSE DESCRIPTION

CLASSROOM RULES

Students are expected to be active learners & critical thinkers. *Mask over mouth & nose at all times. (If mandated)*

No talking when Ms. Longi or any teacher is taking to the class.

Be respectful towards the teachers & each other regardless of personal beliefs, religion, race, sexual orientation, and/or physical ability.

Profanity and/or foul language is prohibited.

All electronic devices need to be turned off and in back packs.

No eating or chewing gum in class.

Be courteous & helpful towards one another.

**GRADING SCALE**

**A 90-100**

**B 89-80**

**C 79-70**

**D 69-60**

**F 59-0**



**NIGHTHAWKS**

Student Objectives:

1. Demonstrate competency in many movement forms and proficiency in few movement forms;
2. Apply movement concepts and principles to the learning and development of motor skills;
3. Exhibit a physically active lifestyle;
4. Achieve and maintain a health-enhancing level of physical fitness;
5. Demonstrate responsible personal and social behavior in physical activity settings;
6. Demonstrate understanding and respect for differences among people in physical activity settings; and
7. Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.
8. Dress in PE uniform every time you have PE and fully participate.

Materials (On Campus only)

All students should bring the following to class every day

* Athletic, rubber soled tennis shoes.
* Maywood Academy PE uniform
* Notebook, pen/pencil, Lap top (Teacher will tell you in class a day before)
* Mask over nose and mouth (If mandated)

Attendance/Tardy Policies

* Be on time and dress in PE uniform ready for activity.
* In order to fulfilled the physical fitness requirements,

attendance and participation are essential to maintain a passing grade.



**Grading:**

* Tentative grades will be updated weekly. You earned 10 points every time you fully participate in class.
* Grades will consist of: daily participation & dressing, physical activity, classwork, homework, quizzes, & fitness logs.
* You need to be on time. You lose 2 points when you are late to class.
* Having any-non-doctor prescribed electronic devices in ears will cause you to lose 5 points per occurrence.
* Having the phone on your body and not off in your backpack will cause you to lose 5 points per occurrence.
* Chewing gum or eating in class will cause you to lose 5 points per occurrence.
* Not coming to class with official PE uniform and not **FULLY** participating as a result will cause you to lose 8 points per occurrence.
* Not doing exercises, not participating in activity, foul language, chewing gum, eating, breaking class rules and rude behavior will cause you to lose 5 points per occurrence.

**It is important that students turn work in on time**.

It is difficult to stay up to date on grading and providing students with accurate grades if work is turned in late.

* Students will be expected to arrive wearing PE uniform, on time, and be fully actively engaged the class.
* Students are expected to follow the rules and be respectful with teacher, adults and other students.
* Students will also earn a mark for citizenship and work habits.  
  E= Excellent  
  S= Satisfactory  
  N= Needs improvement  
  U= Unsatisfactory

**Making Up Points:**

You can make up any points lost! If you did not attend class, broke a rule, did not dress and fully participate, were using any electronic device during class, wearing non doctor prescribed headphones, eating, chewing gum, profanity, or were late to class. You have 4 weeks to submit your essay. Write a full essay in google docs and attach it in the mail in Schoology. Follow the directions in the **Red Folder** in materials in Schoology and take note of deadlines.

**Email Etiquette-**

* Email me ONLY through Schoology
* When emailing please include: student’s first name, last name, period, and assignment name. (This is imperative as I will have over 300 students!) Any emails without your period and full name will not be graded and returned.
* Please be polite at all times
* I will make every attempt to respond within 2 working days.

