



Syllabus: Physical Education

Mr. Alexander White

Physical Education Teacher

Room: 304/ Activity Center

Email: awhite@stagnesschool.net

Introduction:

Hello students, my name is Mr. White and I will be your physical education teacher. This will be my second year at St. Agnes School and I am excited about the work that we are going to do this year! I am a graduate from Morgan State University and decided to start my career working with students. I am not new to working with students and enjoy being a part of the learning process of every child. Last year was good in terms of getting to know my students and class routines, but was limited due to covid. This year we're going to get the ball rolling and have a great time, all the students are back and I am excited for the 2021-2022 school year.

Course Description:

Physical Education is an integral part of the total education of the child and the ultimate goal is the maximum development of each individual's potential. It is defined as a planned sequence of activities designed to provide each child an equal opportunity to reach his or her own potential physically, socially, emotionally, and intellectually. To achieve enjoyment of learning and creative expression, we will provide a broad-based program with appropriate educational materials, activities, instruction and time. The concept of providing opportunities for success, disappointments, conflict, desires, and hopes, offers stimulus for shaping personality and/or developing tools necessary to meet the stresses and challenges of everyday living.

Course Objective:

Development of neuromuscular coordination, agility, balance, flexibility, strength and cardiovascular endurance. To develop awareness of safety practices. To increase knowledge of game rules and strategies. To develop qualities of self-control, self-confidence, good sportsmanship, and respect for self and others, which enable people to work and play with others for common goals

Scope and Sequence of the Course:

Unit 1: Lifetime Fitness

Unit 2: Individual and Dual Activities

Unit 3: Movement by Concept

Unit 4: Team and Cooperative Games and Activities

Class Procedures- Entering Class Expectations:

Class will begin promptly when the bell rings. Prek-K will line up and be prepared for warm-ups instructed by me. 1st-8th will run a number of laps assigned to them that day and after will follow our stretch routine. No student from Prek-4th grade should be tardy because I will be coming to the classroom to pick them up. As for 5th-8th grade since they will be going from class to class they are late if they arrive 2 min after classes start. I have a three strike rule policy, first and second tardy is a warning if there is a third strike lunch or recess detention will be given out. If the tardies continue a email will be sent out to the parents of the student stating the student owes after school detention. If the student continues to be late to class they will be sent to the office for administration referral.

CLASS PROCEDURES – EXITING CLASS

Requests to the bathroom or a drink of water will not be issued during the first 10 minutes or the last 10 minutes of class (the 10/10 rule). If it is an emergency and you need to use the restroom, please wait until the class is doing Warm-ups to sign out or get a Nurse's pass from your teacher. Passes will never be issued to another teacher's class. If you ask for a bathroom pass and do not return within 5-8 min you may be at risk to lose bathroom privileges during class time. At the end of class, you will be dismissed when everyone in the class is seated and quiet, without exceptions. MR. WHITE DISMISSES CLASS, NOT THE BELL.

CLASS RULES

Students are expected to abide by the St. Agnes Cathloic School Codes of Conduct in addition to the following Class Rules:

- 1) Come to class on time, prepared, and ready to learn.
- 2) Sit up and be an active participant. No sleeping in class.
- 3) No food or drinks except water is allowed in the gym. If I see food or drink, you will be asked to put it away or I will confiscate it immediately.
- 4) Do not have your cell phones, music players, or any other electronic devices out during class time. If I see it, consequences will be given.
- 5) If you are disruptive (side talking, wandering around the gym, not following class rules, too loud, disrespectful to the teacher or another student) during class, consequences will be given.

CONSEQUENCES OF INAPPROPRIATE BEHAVIOR

If you do not adhere to the school or classroom rules stated above, the following consequences will be administered:

1. Warning - will be issued the first time I ask you to stop the disruptive behavior.
2. Sit down -Student will be asked to take a short break to reflect on their behavior before being allowed to continue with class

3. Detention- Lunch/Recess detention will be issued if your behavior continues to persist in class and an email/Call home will be issued.
4. Administrative Referral - will be issued for extreme cases and/or if the behavior persists.

Required Textbook: *None*

Grades and Evaluation:

Participation:60%

Behavior:30%

Attendance:10%