**LANE TECH PHYSICAL EDUCATION 1 SYLLABUS**

**Course Description**

The Physical Education curriculum focuses on creating an environment supportive of healthy behavior. The curriculum effectively impacts the overall health and fitness of the students, thereby increasing the likelihood that students will avoid a sedentary lifestyle. In this course, we will primarily focus on the **5 *health* components** (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) & **6 *skill-related* components** (agility, balance, coordination, power, reaction time, and speed) of physical fitness. We will be focusing on individual goals and increasing individual fitness levels. Sports will be incorporated to help students overcome adversity, build character, and strengthen peer relationships.

**Important note:** Physical Education is a required class for graduation and is calculated into your GPA.

**Required Materials**

* Lane Tech PE Shorts and T-Shirt (REQUIRED)
* Gym Shoes (no sandals, flip flops, or dress shoes)
* School issued lock (no exceptions)
* Swimsuit (REQUIRED for swimming unit)
  + Girls: one-piece bathing suit
  + Boys: swimming shorts
* Swim Cap (REQUIRED)
* Goggles (REQUIRED)

**\*IF YOU CHOOSE NOT TO DRESS OR PARTICIPATE IT WILL RESULT IN A GRADE REDUCTION AND/OR FAILURE OF THIS COURSE!**

**Method of Evaluation**

Daily Dress/Participation, Homework/weekly in class assignments, Fitness-Gram, Test/Quizzes, Midterm, and Final Exam. **ALL POINTS ARE EQUALLY WEIGHTED**

***\* Late work will be accepted for partial credit to be determined by the teacher.***

**Classroom Expectations**

* NO CELL PHONES permitted in class! If phones are found in class, a ZERO will be issued for the day.
* No food, drinks, candy, or gum allowed in class. You may bring a water bottle.
* Treat **EVERYONE** with **RESPECT**! Disrespect will not be tolerated. Be honest, polite, and cooperative! Be supportive and respectful of classmates.
* Stay physically active for the entire class period even if you finish the designated workout.
* **Absolutely no profanity allowed! (Please use correct terminology)**
* Each day will be evaluated on a 5-point scale. If you do not come dressed (P.E. shorts, P.E. shirt and athletic shoes) &/or participate you will receive ZERO credit for that day.
* If a student is truant (cuts class), they will receive ZERO participation points for a **WEEK**!
* **Excused** absences will result in a ZERO for the day but you will have the opportunity to complete an assignment to receive credit for that day. Students are responsible for getting an alternative assignment outside of class time.
* Students with medical notes from a doctor must dress in proper P.E. attire. Students will have an alternative assignment to complete in place of participation.
* Respect yourself, others, and school property.
* Come to class prepared and on time in P.E. uniform.
* You will have 5 minutes after the period bell to be in the designated gym space. Tardies will result in reduction in points for the day.

**Assignments**

All assignments are due on the assigned due date. It is the student’s responsibility to check gradebook bi-weekly to assure that their grade is accurate. Student’s grades will not be modified after the two week period. If you are absent, it is ***YOUR RESPONSIBILITY*** to make up your assessment upon your return. All unidentified assessments (No Name) will not be graded. If you are attending a student function, make sure you are checking our classroom applications to see if you have any assignments that need to be turned in. Late work will be accepted within one day after assigned due date for half credit.

**Signups**

It is your responsibility to sign up for REMIND and Google Classroom. The link and password for your specific class is located on my website. Davislanetech.weebly.com

All assignments and documents you can find on my website, but all submission for assignments is done through Google Classroom.

**Contact information:**

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