

# Physical Education (PE) Syllabus

## McCullough JH

### 2023-2024

The PE department would like to welcome you back for the 2023-24 school year! Our goal is for students to obtain the knowledge and skills for a variety of enjoyable activities that will encourage continued social development and a physically-active lifestyle.

Please read and understand these important guidelines to help work towards having a successful year.

#### Class Expectations

Students are expected to follow specific rules and guidelines while attending PE class. Those who do not meet these expectations will have disciplinary consequences.

1. Be seated in designated seat when the tardy bell rings
2. Wear the proper attire for PE everyday. (PE uniform including appropriate shoes)
3. Participate in all assigned activities while using equipment properly
4. No food or phone use in the gym or locker room.
5. Follow ALL McC and CISD rules and code of conduct
6. Do not touch equipment without permission from teacher

#### PE Dress Code

All students are required to wear the Highlander PE uniform during their class period. The uniform can be ordered from North Houston Athletics. The uniform consists of the athletic shirt and shorts, and your own athletic shoes. Jeans and jeggings are not part of the uniform. Flip flops, sandals, open toed shoes, flats, slip-on vans, toms, sperry's, or any other shoes in the like are prohibited. If the shoes were not designed to run in, they are not allowed in PE. **Students are required to have their PE uniform by Monday, August 21st.** Students' attire contributes to their daily grade.

#### Grading Policy

Your grade will be made up of 2 key components: Dressing out and the day's activity participation. After the 3rd time in 9 weeks of non-participation or not dressing out (no PE shirt, no PE shorts) they lose all 50 points and a contact will be made to their parents.

50% - Dressing out (shirt, shorts, shoes)

50% - Unit activity for the day

Participation is mandatory unless you have an excuse from your parents or a doctor. Notes from home, excuses the student from participation for one (1) class period only. After 1 missed class, a doctor's excuse is required thereafter. In the case a student must sit out due to an injury, an alternative assignment will be assigned for a daily grade.

### **Lockers & Locker Room**

Each student will have a locker assigned to them, so sharing PE lockers is prohibited. The lockers are only large enough to fit clothes, towels, and toiletries. They are NOT big enough for school supplies. **Do not bring your school supplies/backpacks to the P.E. locker room or gym.**

Showers are available for use after class participation. It is not required, but highly recommended, unless you have a 4th period P.E. class. Towels and toiletries are not provided, so please bring your own materials if you choose to shower.

Aerosol cans ARE NOT allowed in the locker room. This includes but is not limited to Axe, Bod, and other products in the like. Such materials will be taken up and may result in disciplinary action.

According to the student handbook, cell phones are not allowed in the locker room under any circumstance, therefore, phones are not allowed in PE. If phones are being used without the coaches' permission, it will be taken up, given to the APs, and a referral will be given. It does not matter if the phone is on or off. Phones ARE NOT ALLOWED in PE whether you are in the locker room, gym or outside.

### **Tardies**

Students are expected to be in their designated spot when the tardy bell rings. Any student who is not will be marked as tardy.

### **Water Bottles**

We encourage all of our students to drink water and they are welcome to bring their own water bottles to PE.

We look forward to having a great 2023-24 school year! If you have any questions or concerns, please contact your child's PE coach.

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