General Middle School/High School
Physical Education Orientation – 1st Couple of Class Days
(this is given to students and reviewed together...could be powerpoint as well)

1. Who am I?
2. Why is PE important?
3. Contact info for emergencies (3X5 index card)
   a. Name, address, phone number (student’s cell/home phone # ; parents’/guardians’ phone #s)
   b. Inform teacher of any change
4. Expectations/atmosphere
5. Uniform requirements and prices
   a. Shirt: $   
   b. Pants: $   
   c. Tennis Shoes
   d. Avoid jewelry, it may cause injury
6. Lock $4.00 ($3.00 refundable upon return). Must remove when asked, if not, cut off.
7. Procedures (i.e. What/How to do?):
   a. Bathroom, unprepared, drinks, late, equipment distribution, late, medicals, absences (bring notes), enter/exit gym
8. Be involved in class:
   a. Join a teacher-assigned activity when entering the gym
9. Always stay in supervised areas
   a. Anywhere you cannot be seen is an unsupervised area (outside of gym, field/track examples)
10. Locker room:
    a. Leave all belongings in your locker, do not take them to the gym
    b. Use the bathroom during changing times, not during class (locker rooms are locked during class)
    c. Students are allotted 7 minutes for changing
    d. Locker room behavior expectations
11. Rules:
    a. Keep gymnasium clean (no food, gum, or drink)
    b. Everyone must change clothes
    c. Take care of equipment
    d. Speak with appropriate language
    e. Stop on whistle or when instructed to by the teacher
    f. Follow all directions
    g. Show good sportsmanship
    h. Leave electronic devices (cell phones, etc.) in locker or at home
12. Security
    a. Do not open doors for other students without permission
    b. Do not leave the gym (our classroom) without permission
    c. Do not open the exterior doors
13. Misc
    a. Medicals (indicate on contact info card)
    b. Listen to all teachers
    c. Bring notes for absences
    d. Return equipment when asked
    e. Late arriving students – What to do?
14. Have a good attitude, support your classmates, don’t cuss/swear, trash talk or make excuses
15. Equipment - take care of it, you/your parents bought it.
a. Don’t give it to students outside of your PE class
b. Return equipment to teacher when asked (no “one more shot”)

16. **Grading**
   a. 40% **skill and fitness (psychomotor & fitness)**
   b. 40% hellison’s model (affective)
      i. 1-5 points daily
         1. -5 unexcused, -5 unprepared, -2 late, -10 cutting
   c. 20% cognitive (**written assignments, quizzes/tests, in-class small group work**)
   d. **Deductions:**
      i. Minus 10 for unprepared
      ii. Minus 10 for unexcused absence
      iii. Minus 15 for purposely cutting class
      iv. Minus 3 for being late

17. **Discipline actions/steps**
   a. One warning and/or Conversation (i.e. 1st warning)
   b. Phone call to parents
   c. Community service – lunch and/or study hall period
   d. Writing assignment
   e. Community service – after/before school
   f. Saturday community service – if allowed by administration
   g. Referral to administration/security – (potential for suspension &/or expulsion)

18. **General Physical Education Curriculum Overview – Fall 2015**

   | Weeks 1-2: | adventure activities |
   | Weeks 3-4: | physical fitness |
   | Weeks 5-8: | tennis, softball, badminton/volleyball |
   | Weeks 9-10: | Swimming/Water Polo, CPR & First Aid |
   | Weeks 11-12: | Team Handball, Speed Ball |
   | Weeks 13-14: | Tchoukball/Spikeball |
   | Weeks 15-16: | Physical fitness |