

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