

Physical Education

Coach Mulhollen, Coach Giguere, Coach Chappell

Objective:

The purpose of this course is to provide students with a clear understanding of the importance of physical health. Students familiarizing themselves with a stretching routine, knowledge of specific muscular movements, nutritional guidelines teach this criterion and individual or team oriented activities.

Physical Education will consist of the following:

- ➤ The basics and importance of a full body stretch
- ➤ Body measures and comparisons
- ➤ Warm-up routines
- ➤ Perform mastered skill of athletic fundamentals
- ➤ Understanding the rules of certain sports
- ➤ The personal skills and attitudes necessary to participate in sports
- ➤ The value of teamwork

Classroom Expectations:

Our classroom is the "Field of Dreams." With the addition of turf last year, **GUM IS PROHIBITED AND WILL EARN A DETENTION.** The list below will be expected.

- ➤ Be on Time. If you are late and do not have a pass, you will not participate and will receive a zero for dressing out that day.
- ➤ Be prepared with appropriate class attire.
- ➤ Show sportsmanship and teamwork.
- ➤ Hands and feet must be kept to themselves.
- ➤ All P.E. equipment belongs to the school, not to you.

Uniform Expectations:

To receive full credit daily for dressing out, students must present themselves with the school P.E. uniform and appropriate footwear. This consists of a SSA+S shirt and shorts with court shoes. **Black shorts with a white or gray shirt is the only uniform that will be accepted.** If a student chooses "half dress" or "no dress," they will receive zero points. In these instances, those students will not participate in class activity and work will be provided depending on dress out history.

1. Students are expected to dress out each day of class, unless otherwise notified. School uniforms may be purchased at Bealls Department Store. See the school website at www.ssas.org. If a uniform is torn or misplaced, a temporary outfit may be worn until replacement occurs. **A school uniform must be worn.** (Substitution outfit must correlate with school colors.) **Jeans and Khaki pants are not accepted as "dress".**
2. During winter months, sweat suits may be worn. This outfit must also correlate with school colors.

**** Absolutely no attire to be worn sponsoring alcohol or tobacco products****

Behavior Procedures: A School Wide Policy

Give Me Five

1. Eyes on speaker
2. Quiet
3. Sit or stand still
4. Hands free
5. Listen

School-wide Consequences for Misbehavior:

First Offense: Visual (The Look) or Verbal Warning
Second Offense: Write classroom rules and parent notification

Third Offense:	Behavior Essay with signature from parent(s).
Fourth Offense:	In school morning detention
Fifth Offense:	County Referral

****Due to the nature of the PE class, additional consequences based on physical activity may take the place of or be in addition to the written consequences.****

Class Grading Procedure:

Dress out Participation	50%
Sportsmanship/ Attitude	25%
Effort/Class Activity	25%

Guest Speakers:

Students will have the honor of hearing speakers from the athletic community of Sarasota. Through these lectures and demonstrations, students are motivated to exercise and the benefits of physical fitness become more envisioned.

P.E. Exemptions:

If a student is ill or injured, **PLEASE PROVIDE THE STUDENT WITH WRITTEN EXCUSE FOR CLASS EXEMPTION.** If we receive a note from a parent/guardian or a physician, the student will be excused for duration of illness or injury with no penalty to grade. If a student individually asks for exemption from class, the request may be honored but with penalty.

Utilities:

Access to water is available. There is a drinking fountain located west of the "Field of Dreams." The use of fans and misters will occur when deemed necessary by the coaches. Liquids may be brought from home that contain electrolytes for re-hydration (Gatorade, Powerade, etc.). Please no carbonated drinks. They further dehydrate the students and will be thrown away.

Contact Information:

Feel free to contact us at the school and we will return your call. We are accessible through e-mail that can be linked through the school website at www.ssas.org.

Donations:

The P.E. Department at SSA+S is always accepting donations and is greatly appreciated.

- ➤ Recreational balls
- ➤ Basketballs
- ➤ Baseball gloves and balls
- ➤ Footballs
- ➤ Whiffle balls and bats
- ➤ Soccer balls
- ➤ Bocce balls
- ➤ Athletic cones
- ➤ Trampolines
- ➤ GATORADE

A message from the Coaches:

"Obesity in adolescents is generally caused by lack of physical activity, unhealthy eating patterns, or a combination of the two with genetics and lifestyles playing important roles. Obesity is rapidly increasing and consumes over 25% of adolescents nationwide. Physical activity plays an important role in the lives of adolescents. They must get it somewhere. Students will participate in activities where research has proven health benefits. Our goal as a health professionals is to encourage students to engage themselves in consistent physical activity and to show them the ways to do so."

Coach Greg Mulhollen
 Coach Dan Giguere
 Coach Elizabeth Chappell