



## Physical Education

Coach Mulhollen, Coach Giguere, Coach Torrissi

### Objective:

The purpose of this course is to provide students with a clear understanding of the importance of physical health. Our goal is to encourage a life-long personal physical fitness program. Throughout the year, we will cover the Sunshine State Standards presented by the Florida Department of Education for Physical Education and Health Education.

Physical Education will consist of the following:

- Mastering the rules of various team sports and recreational games.
- Understanding the importance of a personal physical fitness program.
- Learning and performing specific warm up and stretching routines.
- The personal skills and attitudes necessary to participate in team sports.
- The value and role of teamwork both in sports and in life.
- Understanding and mastering the skills necessary to live a healthy life.
- Daily review of concepts/rules/strategies necessary for the sport of the week and bi-weekly written tests.

### Classroom Expectations:

Due to the Building Program, our class will be going to local parks and gymnasiums during the week to ensure our students get the necessary physical activity each day. Our week has been organized and the schedule is below. \*\*Please note that this may change due to weather, facility availability, Health Class, field trips, etc.\*\*

**Monday-**

**Tuesday-** Pioneer Park

**Wednesday-** Payne Park

**Thursday-** Pioneer Park

**Friday-**

- ***Be on Time. If you are late, you will miss the bus. All students that are tardy will report directly to Mr. Williams.***
- Show sportsmanship and teamwork at all times. Bad attitudes and poor sportsmanship will not be tolerated.
- Hands and feet may be used only for participating in sports.
- All P.E. equipment belongs to the school, not to you.
- Bring a water bottle with you.

### Uniform Expectations:

We will NOT be dressing out for Team Sports class this year until the new Facility is complete and we are able to use it on a daily basis. However, for class you do need to have proper footwear (Shoes that lace up or velcro). You may wear an undershirt under your SSAS school shirt and that can be used in PE for your shirt. You need to be ready to board the bus and prepare to start activity right upon arrival. You will NOT participate in class without the appropriate clothing and shoes and this will affect your grade.

## **BACKPACKS:**

You will leave your BACKPACKS ON CAMPUS in the bins that are provided. DO NOT bring anything on the bus or to the places that we travel to. Please place your book bags in the bins with all of your papers, supplies, and folders for school in your book bag. THE COACHES ARE NOT RESPONSIBLE FOR LOST ITEMS.

**\*\* 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:	Conditioning Exercise to refocus
Third Offense:	Behavior Essay with signature from parent(s).
Fourth Offense:	In school morning detention
Fifth Offense:	Refer to Office

**\*\*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:**

40%	Tests
35%	Dress out, Participation, and Attitude
20%	Class work
10%	Bellwork

#### **P.E. Exemptions:**

If a student is ill or injured, **PLEASE PROVIDE THE STUDENT WITH WRITTEN EXCUSE FOR CLASS EXEMPTION.** We will need to make appropriate arrangements that may include staying behind in another class during PE time.

#### **Water and Restroom Facilities:**

STUDENTS WILL BE REQUIRED TO BRING WATER WITH THEM TO CLASS. Sports drinks containing electrolytes (Gatorade, Powerade, etc.) are acceptable. Please no carbonated drinks; carbonated drinks (soda) usually contain high amounts of sugar and will further dehydrate students.

Restrooms are available at most of the parks/gymnasiums on our schedule. However, please be conscious that we are not in charge of these facilities and thus cannot ensure the workability and conditions. We encourage students to use the restrooms during lunch and other classes when necessary. Please do not rely solely on your PE time for the use of the Restroom.

#### **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](http://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
- ➤ Soccer balls
- ➤ Volleyballs
- ➤ Athletic cones
- ➤ Trampolines
- ➤ GATORADE

**A message from the Coaches:**

***It is important that students understand that we are representing SSA+S when we are off campus. Each location has given us specific permission to use the facilities and it is privilege to use them. Therefore, it is extremely important that all students have respect for the parks and gymnasium we will be using. Vandalism of any kind and inappropriate behavior on the bus or off campus will be treated as a Zero Tolerance offense and will be dealt with directly by Administration.***

“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 33% 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 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 Laura Torrisi*

***I have read the entire syllabus and understand that I must follow the directions and Discipline Plan. I understand that I need to bring water to class and that I may not have full access to a restroom while off campus. I understand that I must act appropriately and respectfully at all times.***

Student Name: \_\_\_\_\_  
Please Print

Student Signature: \_\_\_\_\_

***I have read the entire syllabus and understand that my student will be traveling to local parks during Physical Education Class. I have discussed the directions and Discipline Plan with my student and understand the consequences if my student does not follow the plan. I also understand that if I need to make arrangements to pick up my student during their Physical Education time, I need to get the appropriate paperwork to Mr. Reed to ensure they remain at school.***

Guardian Name: \_\_\_\_\_  
Please Print

Guardian Signature: \_\_\_\_\_

Best way to contact: \_\_\_\_\_ Cell #  
\_\_\_\_\_ Home #  
\_\_\_\_\_ Email Address