

Physical Education-Jr./Sr. Team Sports

Mr. Muldrow: Phone (224) 632-3098, e-mail MjMuldrow@dist113.org

Physical education is a required class for graduation. Students will partake in athletic competition with an emphasis on team strategy, sportsmanship, and game play.

Activities: flag football, soccer, volleyball, pillow polo, fitness testing, and assessment testing.

Goals: To exercise, gain knowledge and skill of the sport, learn to work together, good sportsmanship and have fun with physical activities.

Office Hours:

Please feel free to come see me during my office hours or before and after school by appointment.

Office Hours (P.E. office): 1st & 6th hour..

Monday thru Friday

Phone # 224-632-3098, **e-mail** mjmuldrow@dist113.org

Grades: Your grades will be based on the following scale:

100-93%=A, 92-90%=A-, 89-87%=B+, 86-83%=B, 82-80%=B-, 79-77%=C+, 76-73%=C, 72-70%=C-, 69-67%=D+, 66-63%=D, 62-60%=D-, 59 and below E

Grading Policies:

- 50% participation points
- 4 points per day. In class on time, full participation, prepared for activity, dressed appropriately.
- You may make-up lost points due to tardiness/absences.
 - Make-ups may be done in the PERC by doing an aerobic workout.
 - 4 points lost equals 1 complete make-up day.
 - On the 2nd tardy you will make up the time with me. After the 2nd tardy detentions will be issued.
- ◆ All unauthorized absences will receive a 3% grade reduction in your final grade. After 4 unauthorized absences a conference will be set up to discuss removing the student from Physical Education.
- 30% Skill, improvement, written work, self-evaluation, game play, sportsmanship, and attitude. At the beginning of each unit I will be more specific as to how I will grade and assess your involvement and mastery of the content.
- 20% is based on the completion of the fitness card.
- You may have health club days if you have earned the privilege.

Behavior expectations: Deerfield High School *First Class* program always apply.

1. We treat each other with dignity and respect.
2. We know our audience when communicating and always use appropriate language.
3. We keep our school neat and clean.
4. We solve our problems creatively by stopping, thinking, and discussing our actions.

Class rules and regulations:

- You will be expected to come with proper activity clothes daily (street clothes are not acceptable).
- No hats while inside P.E. complex.
- Always respect the equipment.
- A note where we are meeting will be placed on the bulletin board outside the boys and girls locker rooms.
- Please be in the assigned area (if not changing) or in the locker room at the time the passing bell rings. If we are changing for an activity you have 5 minutes from the passing bell sound to be in the assigned area or a tardy will result.
- Leaving B hall before the bell rings without permission will result in an unauthorized absence!
- While traveling through the halls keep noise levels down.
- Good sportsmanship is a requirement for this class. Swearing will not be tolerated at any time. There may be consequences as well as points deducted.
- No food, drinks, or gum allowed in gym.
- Have a good attitude and enjoy yourself.

Illness and Injuries

Nurse

- If you feel ill, do not go directly to nurse, see me first.
- If possible we will give you a light activity so you receive your participation points.
- If you must go to the nurse I will write you a pass, the nurse will then excuse you from PE through the attendance office.
- If you are too ill to participate in PE, you are not allowed to participate in extra-curricular activities.

Injury & Dr. Excuses

- If you injured during class, let me know immediately.
- Nonparticipation for 3 days= Doctors note explaining problem.
- Nonparticipation for 2 weeks=Doctors note required and transfer to adaptive PE during that time.