



Perth Amboy High School Personalized Learning Program



Physical Education Syllabus

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Course Objective: The goal of Physical Education is to develop an active, healthy student capable of using traditional motor skills that offer opportunities for individual and group success. Students engage in activities that are mentally stimulating, physically satisfying and socially sound. This interdisciplinary approach in Physical Education focuses on team building and inclusion of group and individual challenges that develop effective decision making for the enhancement of physical skills and self-esteem. The Physical Education course of study (9-12) builds on the foundation of skills developed in the elementary and middle school physical education programs. Principles and elements of fitness, individual and team motor skills and cooperative team challenges are emphasized. Health and skill related concepts of fitness are taught, and career and vocational options related to Physical Education are explored.

Classroom Rules:

1. **Sneakers must be worn in order to receive full credit for the class but** you have the option to change clothing.
 2. Leaving East Campus / Rudyk Park without permission is an automatic 0 and will be disciplined by administration.
 3. If you are in school and miss the bus, you are to report to the Main Office and they will radio for the bus to come pick you up. If you do not do so, you will receive a zero and a cut will be issued.
 4. If you are late to school, you are **NOT ALLOWED** to drive or get dropped off to East Campus. You must arrive at PLP and go to the main office.
 5. If you are not actively participating in PE class, you will be assigned written work to complete and handed in DURING CLASS. There will be NO SITTING ON THE BLEACHERS on your phones.
 6. Any infractions to the PAHS Code of Conduct, whether on the bus, at the park or East Campus will result in consequences with the building administrator.
- 5. HEALTH AND PHYSICAL EDUCATION IS A GRADUATION REQUIREMENT.
YOU NEED TO PASS IN ORDER TO GRADUATE HIGH SCHOOL!**

Grading

- 80% Participation/Preparation
2 pts (Changed (sneakers) and Participating)
1 pt (Partial participation)
0 pts (Not Participating)
- 20% Written Assignments/Quizzes
Fitness Gram
Midterm / Final

Medical Excuses

1. Doctor's note should be brought to the school nurse with a copy to the teacher within one week. Medical excuse of 2 weeks or more students must still attend class and will be assigned written work.
2. Students may not bring in a medical excuse after the marking period has ended to change a failing grade.

Student Name: _____ Signature: _____

Parent/Guardian Name: _____ Signature: _____