

# High School P.E. (9-12) Syllabus

Fall and Spring Semester 2018-19



## Instructor Information

### Instructor

Coach Rever

### Email

[timmy.rever@osbornwildcats.org](mailto:timmy.rever@osbornwildcats.org)

### Plan Hour

2<sup>nd</sup> Hour - 8:59-9:50

## General Information

### Description

To build physically literate students ensuring positive growth in lifelong physical and mental fitness. Students will participate in a variety of sport skills, lifetime activities, and weight room training (twice a week, every week) to meet all necessary movement and social physical education goals.

### Expectations and Goals

Students will be expected to dress appropriately every day of class. Proper dress attire requires students to wear a different shirt and different pair of bottoms for activity than the same ones they wore to school. **This is in place for hygienic reasons.** Students must also wear appropriate footwear. Open-toed shoes will not be allowed. In addition to proper dress, students will be expected to arrive and be ready to participate on time. They will also be expected to reach daily psychomotor, cognitive, and affective goals as they are presented.

## Appropriate Dress

### Required Daily

Students will be required to bring three (3) acceptable forms of P.E. attire every day for participation.

- Athletic Shirt (different from the one worn to school).
- Athletic Bottoms (different from those worn to school).
- Athletic Sneakers (may be same as ones worn to school).

## Course Schedule

Location	Gym	Weight Room
Days	M-W-F	Tu-Th

## Grading Scale

Shirt, Bottoms, Shoes	One Point Each
Participation	Five Points
Attitude	Two Points
<b>TOTALS:</b>	<b>10 POINTS EVERY DAY.</b>