

J.C BOOTH MIDDLE PHYSICAL EDUCATION PROGRAM

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PE's unique contribution to the educational process includes the development of strength, stamina, endurance, flexibility, reaction time, efficiency of movement, coordination, balance, and development of a lifelong interest in physical activity, sportsmanship, and fair play.

The PE program will focus on fitness. A variety of fitness activities will be used. Some examples may include: speed and agility training, plyometrics, aerobics, Pilates, yoga, weight and strength training, cardiovascular endurance, and rhythmic activities.

GRADING

Grading is based on participation, dressing for class, promptness to roll call, and sportsmanship.

*Participation in the day's planned activities is required. Failure to participate in any of the designated activities will result in a 3 point reduction in your grade. Repeated refusal to participate will result in further disciplinary action.

*Sufficient time is allotted between classes for the restroom and to change clothes. Please be sure to use your time wisely to insure that you are not late to roll call. A tardy to roll call will result in a 1 point reduction in your grade.

DRESSING FOR CLASS

Required clothing for PE is a T-shirt, athletic shorts, athletic shoes, and socks.

*As physical education involves a lot of physical activity, appropriate footwear that supports the foot is necessary. *Ladies – shorts must reach mid-thigh. Cheerleader-type shorts are not allowed under any circumstance. *Failure to follow any part of the dress code-appropriate shorts, t-shirt, and shoes- will result in a 5 point reduction in your grade. Furthermore, you will still be required to participate in the day's physical activity. *Students may have the opportunity to earn back 5 points on any "Choice" day by running a mile around the track.

LOCKERS

Lockers are available in the dressing rooms for each student to secure his/her belongings. Each student is responsible to lock up his/her belongings during and after class. When students fail to lock their lockers, a coach will take up locks. Students are issued only one lock per grading period. If a student fails to lock his/her locker, he/she is responsible for stolen or lost items. Gym clothes MUST be taken home on Fridays to be washed for the following week.

EXCUSES

Students with excuses are expected to dress for class and limit their participation according to the severity of the injury/illness. A parent note is ONLY good for two school days. After two days of "no participation" a student is REQUIRED to have a doctor's excuse.

GYM CONDUCT

Horseplay is not allowed at any time in the gym. Also, any equipment used should be treated with care. Kicking equipment, such as basketballs and volleyballs, across the gym floor is not allowed. Doing so will result in disciplinary action.

*Students are not to sit on or behind the coach's table.

NO TEXTBOOK IS REQUIRED FOR PE.