

Mr. Tucker
8th Grade Physical Education
Class Syllabus

Contact Mr. Tucker:
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Welcome to 8th Grade physical education. This year will be exciting and challenging. Our focus for the 8th grade is learning to work with others as a team as well as to compete with our selves and others through a variety of sports and activities. We will be learning rules, history and skills in both popular sports and non-traditional games. Physical fitness is a key component of the state standards and in our P.E. curriculum. You will be working to improve your current level of fitness as well as learning why it is important.

Physical Education Dress Policy – for complete details see pjhspe.com

Our policy is designed to enhance performance in class, teach personal hygiene and address modesty issues.

- All students will wear a PJHS PE shirt and shorts.
- PE shirts will be **Tucked in** and shorts worn **at the Waist**.
- Athletic type shoes are required and must be tied correctly during class
- No Jewelry allowed in class. This is for your safety and the protection of your valuables.
- Sweats may be worn during class. They must be Grey in color and worn only during physical education class.

Grading-

You will be evaluated each day on your performance, effort and responsibility.

Homework / Class work

(includes notebook) and Tests and Quizzes make up the rest of your grade.

Approximately 60% is daily participation, social responsibility and skill development, 15% is based on

Class work and Homework. 15% Tests and Quizzes both physical and written

Daily Credit - 10 points (approximate) This may change depending on the days activity

6 pts - participation in the activity. Performance quality.

2 pts - Responsibility and Life Skills

2 pts - Cardiovascular / Fitness performance

Notebook –

All students will need a spiral notebook. Your notebook set up will be assignment #3. (see handout)

The notebook will be used most every day in class. We will be recording daily activities, taking classnotes, and other writing assignments.

Medical Notes and Modified physical education –

A **Parent** note does not excuse a student from dressing for class or from participation. Parent medical notes will allow students to **Modify** their activity to a level in which they can safely participate in class and still earn credit. A Doctor's note may excuse a student from physical education completely. Any student not participating must make up the missed work or complete an alternative assignment. It is highly recommended, **if possible**, that you ask the doctor for **Modified** physical education or a **list of limitations** so the student can continue to participate at their level in class.

Make-Up Classes –

All classes that a student misses or, in which, they are not able to participate, must be made up to earn credit (points). Make up session will be held on Wednesday, Thursday and Friday mornings from 7:45 to 8:15. Also from 3:00 pm to 3:30 on Tuesdays after school. Students must fill out a make up form and bring it to the session's teacher for completion and to be evaluated on their performance. If a student cannot attend make-up PE an alternative assignment may be arranged. Non-suits may not be made up. Physical education challenges students to put themselves out in front of others, and to push themselves beyond their comfort levels, physically, mentally and emotionally. By respecting yourself and others and taking responsibility for your actions you will help to develop a positive class atmosphere and to show personal growth.

Please cut below the line and return the signature page only.

Assignment #2 - 5pts.

I have reviewed the physical education syllabus with my family and I am prepared to begin 8th grade PE.

Student Name: _____ PE Per. # _____

Student signature: _____ Parent
signature: _____

Please provide the best way for me to contact you.

Phone : _____ home / work / cell

e-mail: if email, please send me a message at tucker@pjhspe.com