

# ECHS

## PHYSICAL EDUCATION SYLLABUS

### COACH EHRENSBERGER

**EACH COURSE OR ACTIVITY IN PHYSICAL EDUCATION WILL CONCENTRATE ON DEVELOPING AND MAINTAINING EACH STUDENT'S OVERALL FITNESS. ALL PHYSICAL ACTIVITY WILL INCLUDE THE FOLLOWING NASPE STANDARDS:**

**Standard 1** - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5** - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

#### **Grading:**

Online Edmentum Physical Education Course: 40%

Join Remind: @cehrens

Physical Education Course:

Participation: 30%

Dressing Out: 30%

Edmentum: 40%

Online Courses:

Edmentum- you will have multiple activities, unit tests, and work every week.

In Person Physical Education Class:

Fully Dressed & Participates: 100

Wrong Shoes\ Not Dressed out\ Poor Participation: 0

#### **Physical Education Dress:**

All boys and girls in PE must dress in a grey t-shirt and blue or black shorts/pants. Shirts must have sleeves and shorts must be to the knee. Students may wear sweatpants or wind pants. No tights or pajamas!! All students must wear shoes with laces and socks. No flop flops or Crocs. Girls and Boys CANNOT WEAR JEWELRY in PE, this is a safety issue. Students CANNOT wear uniform shirts, or pants under PE clothes. NO Crocs. TANK TOPS. NO SPAGHETTI STRAPS. NO UNDERGARMENTS SHOWING. NO HATS.

### **Medical:**

You must have a doctor's note to sit out of physical education class for more than two days. A parent note from home will only allow you to sit out for two days. You must sit quietly in the stands and have work to do or you will be given an assignment.

### **Locker Room/Gym Procedures:**

1. All students must be in their designated locker room before the designated time.
2. You have 5 minutes to get dressed. You may not get dressed in the bathroom stalls. Once you are done dressing, you must sit on your spot in the gym for roll check.
3. All students will participate in the warm up and activities in class to earn their participation grade for the day.

#### **□ WHISTLE SIGNAL**

**ONE WHISTLE – STOP, BE QUIET & LOOK FOR & FACE COACH**

4. After activities, you will have 5 minutes to get dressed for your next class. You may NOT leave the locker room before the end of class (including sitting outside on benches). If you are caught outside the locker room doors or in the gym before class is over, you will be sent to the office for skipping.
5. All belongings must stay in the locker room locked up in your assigned locker. No sharing lockers! You must buy or rent an ECHS lock for your gym locker. If you choose to leave your belongings on the bench, then it becomes your responsibility if they are stolen. Coach Ehrensberger is not responsible for your belongings and you may not leave belongings in my office.

### **Gym Rules:**

1. Do not write on any school property including: stands, walls, floors, lockers or equipment. If you are caught writing on ECHS property you will be sent to the office with a referral..
2. No playing in the gym or locker room. If you leave the gym without permission or disrupt another class, you will be sent to the office.
3. No food, drink, or gum in gym or locker rooms.
4. Do not go in the stands during class unless you are instructed to.
5. Do not stand on benches in the locker room or gym.
6. No playing in shower stalls.

### **Cell Phone Policy**

You must **Lock your cell phones and devices up in your gym locker before exiting the locker room.** If you are caught with a phone in the gym or locker room, it will be taken up and sent to the office. At no time is it acceptable to have a phone out and on in the gym or locker room. **You are responsible for all personal items.**