

Physical Education

MAST Academy

Coach Funcia

Course: *M/J Comprehensive, M/J Team Sports, M/J Individual & Dual Sports, M/J Extreme/Alternative Sports*

Objective: The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. Also, to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts, and appropriate social behaviors within a team or group setting.

Materials: PE Uniform, sneakers, labeled water bottle, bug spray & suntan lotion (optional)

Class Expectations:

- 1) Be Responsible! Come to class each day prepared to participate; bring appropriate clothing for the activity following the PE clothing guidelines to change into. Students are required to change every PE period, unless told otherwise by instructor (i.e. inclement weather or assembly).
- 2) No food (especially NO NUTS!), gum, candy, or drinks (except water).
- 3) Observe safety rules, for your sake and the sake of others.
- 4) NO PHONES in class...must be inside backpack! (unless instructed otherwise!)

Clothing Guidelines: Changing clothes for PE is important for good hygiene, performance and safety. Dressing appropriately for physical activity is an important lifetime habit.

*Students can purchase the PE uniform from the gomakos.org website and pick them up on Thursday mornings from 7:30-7:55

- 1) Students must wear a white t-shirt and navy blue shorts that follow the "ship-shape" dress code.
- 2) Students must have athletic shoes that have rubber soles and laces. They need to be tied and worn with socks. No sandals, flats, slip-ons, boots, heels, or flip flops can be worn.
- 3) Hats are allowed and only prescription glasses may be worn.
- 4) Students are encouraged to wear deodorant.

*Students will be allowed one non-dress day each 9 weeks (Ooops day). Each day after, their participation grade will be lowered to a Z for that day for not following the dress out guidelines and they will be given an alternate assignment.

**Weather...any time the weather is under 60 degrees, students will not be required to dress out and can remain in their school uniform clothes.

Class Code of Conduct:

Treat people, property, and equipment with respect.

Be responsible for yourselves and act safely.

Cooperate with others.

Always try and do your best

Class Consequences:

1. Verbal warning.
2. Time away from group and activity.
3. Detention with work detail (cafeteria) - parent phone call when behavior happens.
4. Sent to the office with referral; this is the last step in the process or if your behavior is severe.

Participation: Students are expected to participate in every class. If you are unable to participate, you need to bring a note from your parent/guardian. If you are not able to participate for more than two days, you need a doctor's note. Students who bring a doctor's note will not be allowed to resume participation until the doctor's note clears them to participate.

Grading: Your grade is based on your participation, effort, wearing appropriate clothing, following class instructions, and appropriate behavior. Students will lose points for being inappropriately dressed for PE, having gum/food/drink/candy, inappropriate behavior, not participating etc.

Grade percentages are as follows.

A - 90% or better B - 80-89% C - 70-79% D – 60-69% F - 69% or less

Please sign below, acknowledging that you have read and understand the following rules.

Student: _____
(sign) (print) (period)

Parent: _____
(sign) (print) (period)

Let's have a fun and safe school year!!

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