

BMC Durfee High School  
Physical Education Syllabus  
2014-2015

Class Description

Physical Education is required for all students at B.M.C. Durfee High School. A passing grade must be achieved each semester in order to receive the appropriate credits for graduation.

The Fall River Public Schools have adopted and included both the Massachusetts Health Curriculum Frameworks as well as the National Standards in their physical education program.

Class Expectations

- Arrive to class on time
- Treat equipment and facilities with care
- Dress appropriately for participation
- Participate in all activities safely and cooperatively
- Respect yourself and others

Units

Aerobic- Aerobic activities include fitness room (Cardiovascular Training, Interval Training, Aerobics) and aerobic sports (Soccer, Basketball, etc.) Students will learn about heart rate and its use in developing a healthy lifestyle.

Team Sports- Team sports include hockey, lacrosse, volleyball, etc. Students are also expected to learn and practice proper sportsmanship, along with basic rules and strategies for each activity.

Anaerobic- Anaerobic activities include the fitness room (Weight Training and Resistance Training) and anaerobic sports such as football, kickball, etc. Student will learn how to set realistic goals and develop a healthy lifestyle.

Individual Sports-Individual sports include activities such as tennis, pickleball, archery, badminton, etc. Students will be expected to learn and utilize skills needed to be successful in their respective activity.

Grading

Participation= 80% of grade- Students are expected to be prepared to actively participate in physical education class to receive full credit. This means students will be in appropriate dress, participating in the warm-up, activity and closing in addition to practicing good sportsmanship.

Assessments= 20% of grade- Students are expected to have a basic understanding of the skills and rules taught for each activity. There is also a literacy requirement that students must fulfill once every unit in addition to a homework assignment.

\*Only excused absences will be accepted for any classes missed. Any unexcused absences must be made up with the teacher.

#### Physical Education Make-ups

Students are required to make-up any classes missed due to unexcused absences. Students may make-up classes in the Fitness Center located on the second floor of the gym. Students making up classes are required to sign in (time in and time out of the room) along with the name of the teacher he/she has for classes. The student must inform the teacher when they have attended a make-up session.

#### Physical Education Dress Code

To be properly prepared for class, the student should be aware that the following attire is the ONLY attire that will be acceptable for class. Students are recommended to bring a change of clothes with them for hygienic reasons.

- Athletic Shorts/sweatpants- No jeans, skirts, dresses, etc.
- Sneakers- Due to safety concerns students will not be able to participate with boots, sandals, heels, barefoot, etc.
- Jewelry- Jewelry should be kept to a minimum due to safety purposes
- Hats- No hats will be worn inside the gym
- Electronics- There will be no use of electronics during class and are subject to the schools policy on using such devices
- Backpacks- Students must secure backpacks in a locker. No backpacks may be worn while participating in physical activity.

Student Signature:

Date: