

Physical Education – Individual/Team Sports

‘Individual/Team Sports’ is what most would consider a typical PE class...consisting of exercise, fitness, and lifetime activities. In this course students will gain concepts about personal health and fitness, learn rules and details about various sports, and play different sports and games. The goal is to become and stay physically active for life.

Course Requirements:



1. Class attendance and participation policy:
 - It is expected that the students will be in attendance each day
 - Students in all PE classes will be required to “dress out” in the PE uniform each day. The GHS PE uniform consists of:
 - a. Official GHS PE Dept. shirt must be purchased (\$10) and worn correctly each class day
 - b. Students must wear pants or shorts of some kind (that follow school dress code). Students can wear jeans, however, it would much more advisable to wear something of an athletic nature
 - i. Dress out points will be deducted for not having some kind of pants or shorts
 - ii. Dress out points will NOT be deducted for not having non-athletic clothing, **HOWEVER**, participation points can be deducted if the student chooses not to participate due to their attire
 - c. It is **HIGHLY** suggested that students wear athletic shoes. Students can wear whatever shoes, however, it would much more advisable to wear something of an athletic nature.
 - i. Dress out points will NOT be deducted for not having some type of athletic shoe, **HOWEVER**, participation points can be deducted if the student chooses not to participate due to their footwear
 - **** Regardless of their attire and/or footwear, students must participate ****
 - Student must bring a doctor’s note if he/she cannot participate in any physical classroom activity
 - Participation is defined as participating fully in the designated activity for the class period as instructed by the teacher/coach. Sitting out after being asked to participate, or constant begging for students to participate will result in loss of participation points for daily grades
2. Class supplies:
 - **Google Classroom membership (code provided)**
 - **GHS PE Dept. Tshirt – Order from teacher...cost is \$10**
 - **Non-markable sole tennis shoes**
 - **DEODORANT!!!**
 - **Toiletries and towel (if students wish to take a shower)**
 - **Good attitude and Willingness to put in effort**



General Rules:

1. Always come to class prepared and on time. You must be seated in your roll call line after you hear the whistle.
2. Dressing out is required (see above)
 - ** If you lose your PE shirt, you will be required to purchase a new one to replace and dress out in **
3. You will have approximately 10 minutes to change at the beginning/end of class when teacher designates it is time to dress out (actual times may vary upon class period)
4. If you want to shower, you must provide your own toiletries and towel. Personal hygiene needs to be cared for
5. **THIS CLASS IS REQUIRED TO GRADUATE – TAKE IT (AND YOUR HEALTH) SERIOUSLY!!!**
6. Participate and have fun!!!
7. This is a class just like any other; you may not leave the gym without a permission from the teacher/coach
8. If you have any medical problems that will prohibit you from participating, please let the teacher/coach know as soon as possible. Doctor’s notes may be required for certain needs and/or extended amount amounts of time a student might not be able to participate.
9. Students must lock ALL VALUABLES in their locker. All students WILL be assigned an individual PE locker. Students must either bring a combination lock from home **-OR-** be assigned a school owned lock
 - ** Please note...school issued locks must be returned. A \$5 fee will be assessed for locks that are assigned that are lost/stolen and not turned back in **

Be Respectful

Every person in this classroom is worthy of everyone else’s respect. You are to treat everyone in this class with respect at all times. This includes –

- Listening when teacher/coach is talking to the whole class
- Using school appropriate language at all times
- Never making fun of anyone for any reason



Be Responsible

- If a student is tardy to class, he/she MUST have a signed pass from another teacher, or must go to the front office to get a tardy pass.
- Bathroom visits should be made during passing periods or dress out time

Be Safe

- Everyone will be assigned a place for roll call lines. Students will need to be in those at the beginning of class and whenever called to do so.
- Only water is allowed in this room. If spilled, water is easy to clean up, unlike other drinks.



Class Grading:

Minor Grades – category weight 30%

- Daily Grades
 - 50 % - Dress Out
 - 50 % - Participation
- Quizzes

Major Grades – category weight 70%

- Test Grades
- Projects and Presentations

Contact Information:

Suzanne Isbell – GHS Tennis Coach, Teacher – PE
 Email: isbells@georgetownisd.org (best way to contact)
 Phone: (512) 943 – 5000 ext. 7106
 Conference periods: A days (Period 3A) : 11:19am - 1:21pm
 B days (Period 3B) : 11:19am - 1:21pm
 (Period 4B) : 1:28pm - 2:58pm

David Patterson – GHS Football Coach, Powerlifting Coach, PE
 Email: pattersond@georgetownisd.org (best way to contact)
 Phone: (512) 943 – 5000 ext. 7037
 Conference periods: A days (Period 3A) : 11:19am - 1:21pm
 B days (Period 2B) : 11:17am - 1:22pm
 (Period 4B) : 1:28pm - 2:58pm

Rick Scruggs – GHS Colorguard Director, Teacher – Dance, PE
 Email: scruggsr@georgetownisd.org (best way to contact)
 Phone: (512) 943 – 5000 ext. 7384
 Conference periods: A days (Period 2A) : 9:42 - 11:12am
 B days (Period 3B) : 11:19am - 1:21pm

Physical Education Signature Sheet

Date: _____

Period: _____

Teacher’s Name (please circle)

Isbell

Patterson

Scruggs

I understand that my child needs to follow these rules and procedures in order to be successful in their physical education class. I understand that they have to pass this class in order to graduate, and in order to pass this class they must abide by the stated rules, procedures, and expectations listed above.

Parent / Guardian Name (please print legibly)

Parent / Guardian Signature

Parent / Guardian Contact Number

As a student, I realize that I need to dress out, participate, follow the stated rules and procedures, as well as follow the instructions and expectations given to me by my teacher/coach in order to pass this class. I also understand I have to pass this class in order to graduate.

Student Name (please print legibly)

Student Signature