

## PHYSICAL EDUCATION DISCLOSURE

TEACHER- Philip T Boban  
SCHOOL- Pleasant Grove Junior

PERIOD \_\_\_\_\_  
DATE \_\_\_\_\_

### COURSE DESCRIPTION:

P.E is a half year course. A student must receive a D- or better each term to receive full credit and pass the class. The course covers methods that produce physical fitness, opportunities to participate in team sports, skill development for lifetime activities and sports, knowledge of rules and strategies, and the application of manners, sportsmanship, and personal hygiene.

### UNITS TO BE TAUGHT: (THESE ARE 2-3 WEEK UNITS)

Flag football	basketball	cardiovascular fitness	softball	track
Soccer	recreational games	volleyball	weightlifting	

### COURSE OBJECTIVE:

1. Students will achieve an acceptable level of physical fitness.
2. Students will know that heart-lung firmness, strength, flexibility, endurance, weight control, and Nutrition are necessary for a healthy lifestyle.
3. Students will be able to demonstrate the proper technique in circuit training.
4. Students will perform to the best of their ability a fitness test, and a weekly mile run.

### COURSE REQUIREMENTS:

5. **PE UNIFORM:** Proper PE dress is required. PE clothes can be purchased at our school. Students must pay in the financial office and take the receipt to the girl's gym to pick up a uniform. **Arrangements can be made for those with financial problems.** Used shirts and shorts \$5.00 each  
COST: Reversible T-shirt =10.00 Mesh shorts = 10.00 (sizes S M, L, & XL)  
**ACCEPTABLE DRESS:** Blue/ white reversible T or a plain white T and a plain blue T and gym shorts, or sweat pants. Students may not participate without proper gym shoes.  
**No jewelry is to be worn during PE** (necklaces, earrings, rings, watches etc).
6. **ATTENDANCE AND PUNCTUALITY:** Students will receive 0 days excused absences.  
**ATTENDANCE AND PUNCTUALITY IS MANDATORY.**
7. **ACTIVE PARTICIPATION:** This class requires each student to actively participate each day. Students are required to dress every day unless excused by a parent's note or a doctor's written consent. If prolonged illness or injury is foreseen, the parent should contact the teacher.
8. **CONDITIONING AND FITNESS TEST:** These will be administered throughout the semester to determine progress. This includes a weekly fun run and weightlifting assessments.
9. **PERSONAL HYGIENE:** P.E. clothes need to be washed weekly. **It is highly recommended that students shower at the end of class.** Students may bring any personal items such as deodorants or cologne as long as these items are in plastic bottles. Towels and warm water are provided.
10. **CITIZENSHIP:** Includes proper attitude, behavior, personal hygiene, tardies, sportsmanship & language. **No swearing in Gym or locker room.**

### Class Rules:

11. No food, drink or gum is allowed in the gym including weight room, upper deck, and locker room.
12. **No electronic devices in gym, upper deck and locker room, that includes cell phones.**
13. Mutual respect for one another in the classroom is expected at all times. Pleasant Grove Junior High school is committed to the maintenance of a learning environment which is free of any form of sexual harassment; an environment where students may attend free of unwanted conduct or communication of a sexual nature.
14. Teasing, inappropriate language, and Horse -play is not tolerated.

**For Your Information:**

- 15. Roll will be taken 2 minutes after the tardy bell. Students will be given plenty of time at the end of class to shower and dress.
- 16. Lockers are assigned each term. Students should not share their combination with friends, or **leave large amounts of money in locker. Mr. Boban is not responsible for lost items.**
- 17. Lost and found clothing will be kept in the towel room.
- 18. Tests will be handed back within two class periods after taking the test.
- 19. You can check on your student's grade status on the Internet.
- 20. Students can earn **extra credit** by participating in after school weightlifting, or home work outs.
- 21. All students will receive a **progress report** at each mid-term.

**INJURIES AND HEALTH PROBLEMS:** There are inherent risks of injury in P.E. The P.E. department's goal is to eliminate as many risks as possible and provide the safest program for all concerned. In doing so, full cooperation is asked from each student in the following instructions regarding proper conduct, proper use of equipment and facilities, and adherence to the rules of a particular activity. Any accident occurring in class needs to be reported immediately to the teacher. A student is not to leave the area on his own. ***MEDICAL NOTICE:*** **It is important that Mr. Boban knows if a student has any health conditions that limit full participation in P.E.** Lack of participation due to health reasons including asthma will require a written consent or medical excuse.

**MAKE-UP WORK:** If a student is absent the only way to make up those points is to do the same fitness run or activity the class did here at school. The make-up work needs to be done before the last week of each term, or it will not count. Make -up time; Morning, 7:45am and after school 2:45 pm.

**GRADING POLICYS:**

Grade break-down: Fun run 5 points each, Attendance & Participation 10 points a week, Fitness Assessment 80 points.

93%-100%=A    80%-82%=B-    66%-69%=D+  
 90%-92%=A-    76%-79%=C+    63%-65%=D  
 86%-89%=B+    73%-75%=C    60%-62%=D-  
 83%-85%=B    70%-72%=C-    below-57%=F

**GRADE DEDUCTIONS:**

- 3 Points for each absences
- 2 For each tardy not made up
- 3 Lack of class effort or cooperation
- 5 For each fun run missed
- 5 For poor personal hygiene
- 5 sportsmanship's or language

**PARENTS:** This document has been explained to the student and he should be able to answer any questions you might have. After reading this document, would you please sign it and have your student return it to me. Please feel free to make any comment or suggestion that might help me in further educating your student.

I understand and will support the rules and policies of Mr. Boban's P.E. Class.

\_\_\_\_\_  
 Parent signature

\_\_\_\_\_  
 Student signature

**PARENT PERMISSION FORM:** My student \_\_\_\_\_ has permission to attend the field trips which are associated with this class including a trip to a golf course, racquetball courts and bowling alley. I understand that the cost of these field trips are included with the 9<sup>th</sup> grade PE fees and that no further money is needed for these activities. I understand that my student will attend these activities during the PE class and will not miss any other class periods.

Yes, I give my parental permission for my student to go on these field trips.

\_\_\_\_\_  
 (Parent signature)