



BARBARA GOLEMAN Physical Education Syllabus

CONTACT

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Dear Parents & Students,

Students enrolled in our Physical Education program, will be involved in a variety of activities, designed to improve physical fitness, coordination and sport specific skills. Students may also develop content knowledge pertaining to nutrition, dieting, mental health, the development of fitness plans, and overall create a link between the importance of physical activity and lifelong wellness.

REQUIRED MATERIALS:

- **Combination Lock**-used in PE lockers to protect valuables and purchased from school.

Lock fee is \$5.

- **PE Uniform**-Students must purchase through OSP (school's website) a PE uniform set (t-shirt & shorts): white t-shirt & black basketball length shorts. (**NO** tank tops, **NO** Khaki or jean shorts, **NO** tights). Students must wear socks & non-marking sneakers with shoelaces (**NO** dress shoes, crocks, open toe/heel, boots). **MUST WEAR PE UNIFORM in PE class for SAFETY concerns!** *PE Uniform set is: \$24.*

- **PE Lab Fee**- Students must pay a lab fee through OSP for participating in PE activities. *Lab Fee is \$5.*
- **Weight Training Fee**- Students taking a weight training class must pay a fee through OSP for the maintenance of the equipment. *Weight Training fee is \$10.*

GRADING: Grades will be based on attendance, dressing out for class, effort, conduct, participation, & assignments.

Unexcused "NOT-dressed-OUT" grades: "Not-dressed-out" in a PE uniform, directly affects a student's grade in this class, because safe participation is a priority with the proper PE uniform!

ABSENCES: Students may make up **excused** absences only (Florida State Law states "if a student fails PE in a semester because of 5 or more absences, not-dressed-out, or an 'F' grade, he/she will be required to repeat a semester of PE"). An excused absence may be made up by submitting on a piece of paper (full name, student ID, date of absence, name of PE teacher), a link to a fitness or nutrition related article, and writing three sentences explaining 3 major highlights of the article.

If an absence is **unexcused**, it **CAN NOT** be made up!

INJURIES: If injured during PE class, student must report to PE teacher immediately! Students **MUST** have a note from a parent or doctor to be excused from an activity in PE. A **STUDENT WITH A NOTE MUST STILL DRESS OUT**, as there may be stretching, refereeing, or other activities he/she may be able to do. **If the injury exceeds THREE SCHOOL DAYS, a physician's note is required, to be excused from any PE activity.**

LOCKERS: Each student will choose his/her PE locker and must use a school combination lock. All non-school locks will be removed by PE teacher unless it has been previously approved. **It is the PE student's responsibility to lock up his/her belongings. The PE department is NOT responsible for lost/stolen items.** When in PE class, belongings stay locked up in a PE locker. When in regular classes, PE uniform stays locked up in a PE locker. No food should be stored in a PE locker!

ADDITIONAL PE GUIDELINES:

***NO** food or drinks except water bottles allowed in designated PE areas.

*Be dressed-out with an **APPROPRIATE & CLEAN** PE uniform and be ready on time in designated PE area.

*Students are **NOT** allowed to participate in any PE activity without supervision.

*Students are **NOT** allowed to bring equipment from home.

***ALL** PE equipment must be returned to designated area, before returning to locker room.

*Students are **NOT** allowed in locker room with no supervision.

*Students must leave locker room **CLEAN**.

***ALWAYS** display **GOOD** sportsmanship, be **POSITIVE** and **RESPECT** teammates & opponents!