**Physical Education Syllabus 2022-2023**

**Teacher: Mr. Marcos**

**Contact information:** 386-243-8285

Preferred method of communication is through email at: **MarcosCambridgeTeacher@gmail.com**

You may send messages at your convenience at any time. Please allow 24 hours for email response.

**Course Description:**

Welcome to the Cambridge Physical Education course. Physical Education will be taught to grades K-11 this year with the objective of guiding students in a fun interactive way of exercising and living healthier lives. It is imperative that students enrolled in PE be willing to challenge themselves and participate in all required activities, in order to fulfill our state standards for each grade and thus enjoy and pass this course.

We will strive to provide instruction for movement competency, develop cognitive abilities, have students participate in physical activities while promoting responsible behaviors and values for everyday life.

**What to expect:**

We will have your student specifically participate in, although not limited to:

Stretching, exercising, Running, Jogging, rolling, jumping, climbing, line dancing, games, hurdling, and group sports.

During these activities student will be engaged in light, moderate and/or vigorous exercising.

Please send a Doctor’s note to let us know of any limitations or activities of which your student/child may not participate in so that accommodations may be made.

The team sports we will be participating in will be Softball, Volleyball, Soccer, Football, T-ball, Dodge ball and Track and field.

Writing assignments will be very limited and handouts will be given in those instances.

**Arriving to class: K-6** will be escorted to and from the the PE field next to the PE Equipment shed by their classroom teacher, unless inclement weather prevents it.

**Grades 7-11** will have three (3) minutes from leaving their previous class to arrive at the PE Field next to the PE equipment shed. Arriving any later than 3 minutes constitutes being late to class and will have repercussions.

**Dress Code:**

Students must dress out to their PE uniforms shorts or sweat pants as described in the student manual in order to participate. Failure to dress out with correct uniform or participate will result in a zero for the day. If your child is a heavy sweater, I recommend they bring a change of clothes and a deodorant to allow them and their peers to feel comfortable for the rest of their school day.

**Conduct:**

Students are expected to refrain from foul, belittling, offensive language and rude behavior towards myself, or any student during school hours and especially during PE. No fighting will be tolerated or aggressive behavior towards others (horse play included). If this should occur, student will be disciplined as stated in student/parent manual.

Again, sitting on the sides and not engaging in the day’s activities is considered **No Participation and will result in a zero,** unless a Doctor’s note states that they cannot participate.

Students may not go into the woods, climb fences or play in/by the ponds at any time nor should they wander off to meet another teacher/student/parent without me acknowledging it first. Also, no rock/stick throwing at all, be it at another student, teacher, building, pond or into the air.

**Class Guidelines:**

**\*Be Prompt**

**\*Be Prepared**

**\*Be Positive**

**\*Be Respectful**

**\*Be Productive**

**\*Be Polite**

**Discipline & Behavior Expectations:**

Mr. Marcos’ PE class is a lot of fun but requires hard work and attention and could be easy for you to get distracted and get off track if you do not exercise self-control and good personal management. NO ONE in Mr. Marcos’ class is allowed to interfere with another student’s learning. If a student displays disruptive behavior, the student may be subject to disciplinary action according to the offense by administration.

**Bathroom/Water Breaks**

**ALL** students are expected to carry a refillable water bottle with a cap with them for their personal use . Water bottles may only be filled before school, during class changes and lunch time. Students will not be allowed to go to the restrooms during class. You may take bathroom breaks before school, during class changes, during lunch and after school. Individual accommodations will be made specific to certain medical conditions. Please see me privately to set up these arrangements.

**Assignments and Grading Scale:**

* Tests 10%
* Class work 10%
* Conduct 40%
* Participation 40%

**GRADING SCALE**

**A = 100-90% B = 89-80% C = 79-70% D = 69-60% F = 59-0%**

**Praxi*:*** *https://app.praxischool.com* is a school wide communication and resource platform designed to make communication between students, parents and teachers easy and effective. You may also monitor your progress in your classes, check your grades and download report cards. Every parent **MUST** be responsible for checking the parent account to monitor student progress. Please ask administration for assistance with this if needed.

**Missed Assignments and Planned Absences:** It is your responsibility to check with your teacher to ask for missing assignments, should there be any, during absence. Missed assignments must be completed within 48 hours of returning to school unless special accommodations have been made. If you plan to be absent, please provide significant notice in advance. This way, you may be given assignments prior to absence to complete while you are away. Assignments given prior to absence are due the same day you return at the beginning of class. Any assignments turned in later will be counted late. Assignments not turned in will be a 0.

**Please Read, sign and return this portion of Syllabus to Mr. Marcos**

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I have read and understand what is expected of me in Physical Education Class, what we will be doing and code of conduct. I also agree to comply by it.

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Student’s printed name Student’s signature

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Parent’s printed name Parent’s signature

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Date