Hartford Central School

**Physical Education Middle School/High School Syllabus**

Teachers: Coach Breault and Coach Sutliff

Grades 6-7 Grade 8-12

The Hartford Central School Physical Education program includes instruction in a variety of sport related/physical activities including: team sports, individual sports and lifetime/leisure activities. This year is sure to bring many challenges and/or changes to the PE curriculum. We will do our best to keep you up to date on these changes throughout the school year.

# **COURSE REQUIREMENTS**

The Physical Education Program in grades 6-8 provides skill development, which will be carried over in the high school program. The emphasis of the physical education program is to develop understanding and skills to be used through participation in all lifelong physical activities.

Due to the unique circumstances surrounding COVID-19, students will not be changing, nor will they have use of the locker rooms. Our gymnasium is currently in use as cafeteria space and overflow space giving us limited use. Because of this, we will be going outside for PE as much as possible. With that in mind, please have your child dress appropriately for activity on gym days.

# **PROPER ATTIRE**

1. Students must come to school prepared on the days they have PE. Students will NOT be allowed into the locker room for any reason to change.
   1. Comfortable workout clothes and sneakers are recommended.
      1. Students with earlier PE classes may want to bring a change of sneakers and socks for that day as it will most likely be very wet out.
   2. We will be going outside most days so please check the weather to dress accordingly.
   3. Students may choose to purchase a **gaiter mask** for easy take on and off when going outdoors.
   4. The recommended distance for participating in physical activity is 12 ft. We will do our best to maintain this distance when outside during class. If students will be working closer than 12’, masks will be required.
   5. As the weather begins to get colder, please remember to dress appropriately for all weather (coats, hats, gloves, double socks, etc).

# **CLASS REQUIREMENTS**

## Be **respectful** at all times

B. Arrive **on time** to class

1. **Participate** and make a **satisfactory effort**
2. Display **good sportsmanship**, follow rules and be aware of safety for themselves and others

# **MEDICAL EXCUSES**

1. The only way to be legally excused from Physical Education class is to have a

medical excuse from a doctor or a 1 day excuse from the nurse.

1. Medical excuses exceeding 2 weeks; students will be assigned a graded project and/or poster on the unit they have missed. Length will depend on the amount of time the student will be missing. Each poster will count for 25 points (5 classes). Posters should include information about the sport; skills, positions, players, rules, history, pictures, diagrams, etc. Assignments must be completed before the end of the Quarter.
2. Students are responsible to make up any missed class due to an absence, medical excuse or lesson.

# **GRADE BREAKDOWN**

1. 1***. Students are graded each day on their performance in class. See rubric for Grade Breakdown***

* 75% participation, effort, sportsmanship, and teamwork.
* 25% written exams: There may be skill assessments and written assessments each quarter on different units in class.

**Physical Education Rubric**

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| 3 | 2 | 1 | 0 |
| Student consistently demonstrates proper skills, confidence and knowledge during physical activities. Student also displays leadership skills, including teamwork and self control. | Student demonstrates proper skills, confidence and knowledge during physical activities. | Student participates in some of the physical activities during class and displays a satisfactory effort. | Student does not come to school prepared for PE and/or does not participate. |

**REMOTE LEARNING**

1. On days you are remote learning you will NOT be expected to log on during your PE class.
2. Students will be expected to complete activity hours and/or assignments on a weekly basis at home to meet requirements.
3. Each student will be given a google classroom code and should check this each week for assignments.

Please contact us with any questions or concerns. We look forward to a great school year!

Contact Information:

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