



# Oak Park Freshman Institute

## Physical Education (Gym) Class – Course Syllabus

### Teacher Contact Information:

Ms. Angela Phillips  
Physical Education Instructor  
Email: [aphilli@oakparkschools.org](mailto:aphilli@oakparkschools.org)  
[www.phillipspeclass.weebly.com](http://www.phillipspeclass.weebly.com)

Greetings Students, Parents, and Guardians,

My name is Ms. Phillips and I am pleased to announce that I will be your student's Physical Education Instructor for the 2018 – 2019 school year. I am a graduate from Central Michigan University, and this will be my 8<sup>th</sup> year teaching physical education. Although I am new to the district, I have taught physical education at all grade levels including K – 12. I have planned a year full of new and exciting physical activities and I cannot wait to get started!!! Please read the following information regarding the course in its entirety. Feel free to contact me if you have any questions or concerns.

### **COURSE DESCRIPTION:**

The Oak Park Freshman Institute Physical Education Program is designed to provide students with an active learning environment which encourages sportsmanship, builds up character and teamwork, and motivates students to embrace physical activity through their participation. The purpose of this course is to emphasize the importance of developing lifelong physical activities to improve and maintain health and fitness. In this course, students are introduced to the fundamental, strategies, rules, and regulations of various sporting activities. The various topics which will be covered in this course include:

Physical Fitness Test/ Activities  
Cooperative Learning Games

Team Sports  
Invasion Games

### **COURSE GOALS/OBJECTIVES:**

By the end of this semester, students will be able to perform the following task:

1. Actively participate in physical activity and show improvement in physical fitness and sports skills.
2. Recognize the importance of participating in physical activities to improve health and fitness.
3. Exhibit the basic knowledge of sports-related rules and regulations.
4. Demonstrate outstanding leadership and sportsmanship skills.
5. Successfully complete the physical fitness test.

**STUDENT ASSESSMENT** may consist of the following categories, but are not limited:

Type of Assignment	Formative →	Summative →
	Exit Tickets Quick Writes Daily Work Daily Participation	Unit Tests Skill Assessment Projects Physical Activities
	10%	90%

### **PARTICIPATION:**

\*\*\*\*10 participation points per day will be awarded according to students' ability to actively participate in gym activities, and follow the guidelines, procedures, and expectations of the class. Participation points will be subtracted for not participating in gym activities. In addition, if a student chooses not to participate in gym activities and they **DO NOT** have a parent/doctor notification to excuse them from their participation, zero (0) participation points are earned.

### **GYM ATTIRE:**

Students are **REQUIRED** to wear athletic shoes when participating in gym activities. Points (10) for participation are earned each day a student comes to class fully prepared with proper footwear. A student who **DOES NOT** wear athletic shoes will have to sit on the sideline and complete a "Non-Participation/Observation" Worksheet to receive their participation points the day.

### **ABSENCES/MAKE-UP WORK/MISSING ASSIGNMENTS:**

When a student has an unexcused absence from class, zero (0) points are earned. Absences due to school sponsored activities (such as field trips or extracurricular events) are excused with notification and no make-up work is required, therefore they will receive all participation points. However, if a student is absent from class and zero points are earned for those days, students will be able to make up their participation points, by completing 1 make-up assignment for each day they are absent. For example, if a student misses 3 days, 3 make-up assignments are due for participation points. **It is the student's responsibility to notify the teacher of their absent and receive their make-up assignments.**

### **MEDICAL CONCERNS:**

In case of illness or injury the teacher **MUST BE** notified **BEFORE** class begins. A note from home will excuse a student for one day; however, if a student needs to be excused from class for consecutive days a written excuse from a doctor is required. In the case of prolonged injuries or illnesses, other accommodations will be made for the student. **PLEASE** inform your instructor if there are any medical concerns that may hinder your child's full participation in class (i.e. asthma, recent surgeries, allergies, heart condition...etc).

### **CELL PHONE/ELECTRONIC DEVICES POLICY:**

Cell phones or other electronic devices are not allowed for use during class sessions, unless permitted by the instructor. If a student is caught with a cell phone or electronic device a verbal warning will be given. If a second warning is needed, the device will be confiscated and turned into the office staff until the end of the school day.

# **Oak Park Freshman Institute**

## **Physical Education (Gym) Class – Course Syllabus**

Please sign and return this portion of the course syllabus by **Monday, February 11, 2019**. Thank You!

I have read and understand the policies and procedures outlined in the course syllabus for the Oak Park Freshman Institute Physical Education Program.

---

Parent/Guardian Signature

Date

---

Parent Email Address

Phone Number (Home/Cell)

---

Students Signature

Date

---

### **Injury or Health Concerns Notification**

Due to the various components of the physical education program, your child may be participating in vigorous sporting and athletic activities that require a substantial amount of endurance and strength. Therefore, it is important for the instructor to know the health concerns and injuries related to your child. Please complete the portion below by filling out the following information.

Are there any medical concerns your child has that his/her Physical Education Instructor should be aware of? (Examples: asthma, allergies, heart conditions, etc.)

---

---

---

Describe an interesting fact about your student?

---

---

---