

Trojan Physical Education

A Learning Community

Welcome to Jean Ribault Physical Education. The purpose of this handout is to acquaint you with the policies and procedures that will help you during your course of physical education.

PHILOSOPHY

“Everyone Can” and “This is not Athletics”

Physical education is an integral component of a student’s education. A well-planned, physical education program teaches students to appreciate the value of activity as a key component of health and well-being thus increasing their chances of obtaining and maintaining appropriate levels of fitness through-out life. The mission of the Jean Ribault Physical Education Program is to support the acquisition of knowledge and skills that are the foundation for engaging in physical activity. All students will be educated as well as empowered as independent learners, to sustain regular, lifelong physical activity for a healthy, productive, and fulfilling life.

OBJECTIVES

Students:

1. Establish a solid foundation for maintaining healthy, active, and productive lives by engaging a personal physical fitness/health program.
2. Demonstrate basic skills and physical fitness necessary to participate in a variety of conditioning exercise and activities.
3. To develop an understanding of rules, concepts, and strategies of various activities that includes individual, group, and fitness experience.
4. Develop teamwork and cooperative skills used to work effectively with other, solve problems and enhance the quality of interpersonal relationship.
5. Accept responsibility and consequences for personal decisions and behaviors.
6. Demonstrate cardiovascular endurance, muscular strength, muscular endurance, flexibility, and appropriate body composition by scoring in the health fitness zones of all five components of the Physical Fitness Assessments.

CURRICULUM

The following classes will emphasize teaching student's diverse ways to stay physically fit and how to live healthy, physically active lives.

- *Fitness Instruction
- *Fitness Weekly Routine
- *Basketball
- *Track and Fields
- *Team Sports
- *Recreation
- *Weight Training
- *Individual/Dual Sports
- *Volleyball
- *Soccer

TROJAN PHYSICAL FITNESS ASSESSMENTS

Trojan Physical Assessment are administered twice a year to measure student's **PROGRESS AND ACHIEVMENTS**.

GRADING

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

ASSESSMENTS

Point System based on: Dressing Out, Literacy Component, Fitness Component, Class Activity,
Class Activity: Participating in daily class activity, effort, and attendance.

Exit Slips, End of Course Exam (EOC), Fitness Assessments, and other activity-based skill tests,

DAILY POINTS and DRESS CODE REQUIREMENTS

Students can earn points daily toward their grades by:

- Attending class on time
- Meet Ribault's Physical Education Dress Code Requirements
 - Must physically change clothes
 - Shorts/Shirts must be Blue, Black, or Grey with no alterations
 - Shorts with **NO POCKETS** (safety reasons)
 - Shirts must have sleeves and meet school requirements (No alterations)
 - Tennis Shoes (**only**) worn for all activities
 - Socks required
 - If sweats are needed, then students must have required Physical Education attire underneath.
- Active participation and effort during class

- Skill and knowledge acquisition
- Physical Assessment Testing

NOT DRESSED

For safety reasons; students who do not meet the dress code requirements will stand in a designated area. It is the student's responsibility to wash and bring their Physical Education attire to class.

ATTENDANCE POLICY

Physical Education. is a class that is participation and performance oriented. Consistent attendance is especially important and excessive absences will adversely affect a student's grade. A student who does not attend class regularly or who chooses not to participate is in jeopardy of not passing Physical Education. Absences due to school activities or school business do not count against a student's attendance.

MAKE-UP POLICY

All excused absences are recovered within three days upon returning. It is the student's responsibility to arrange make-up work with their teacher. Students are not allowed to make-up points for unexcused absences, Dress Code infractions, and non-participation.

CLASS TARDY

Tardiness and absences will affect your grade. Students need to be on time, follow directions, and do their best in class.

MEDICAL EXCUSES

Parents may excuse their child for medical reasons for up to three class periods. A doctor's excuse must be obtained for more than 3 days of non-participation. Students are still required to dress out unless otherwise specified in the note.

LOCKER ROOM SECURITY

REPORT ALL THEFTS TO YOUR INSTRUCTOR.

STUDENTS ARE:

1. Advised not to share their locker or combination.
2. Advised to be careful that they are not observed while using their combination.
3. Advised to check that their locker is secured.

The locker room will be locked during class time and unlocked at the end of class.

HOLDING AREA

**Girls must remain in the locker room until the dismissal bell rings to go to their next class.
Guys will remain in their designated area until bell dismissal.**

OFF LIMITS

Students are not allowed in any non-designated area. All students must remain in supervised location.

Students are **Not Allowed to open ANY doors without PERMISSION from the coaches.**

FOOD

We do not allow food, gum, candy or drinks in the locker room, gym or in the P.E. classroom.

PHYSICAL EDUCATION STAFF

Coach Renee Livingston LivingstoR@duvalschools.org
Coach Hunter HunterM@duvalschools.org
School Number: 904-924-3092

Physical Education is the only subject which by the very nature of its content has the potential to affect how people will feel every moment of every day for the rest of their lives.

PHYSICAL EDUCATION CLASSROOM PROCEDURE

Students sit in roll call order in assigned area (before instructor arrives)
Instructor takes attendance and checks for dressed or not dress students.

Bell Ringer
Calisthenics (warm-ups)
Review
Instructions
Game Activities
Closing

Class Rules

Sit down in roll call order.
No student leaves class or assigned area without instructor's permission.
Use restroom before coming to class.
Students must be on time to class. (5 minutes to dress for class.)
No horseplay.
Instructor dismisses students.
Students need their ID (visible to instructor) to enter gym.

Students, who are dressed, participate in exercise warm-ups (unless injured or illness)
Students do not participate in physical education activity if they are not properly dressed.
Students wearing heels or non-rubber sole do not walk on main gym floors. Please walk on the outside of gym floor.
Do not open any gym doors without instructor's permission for any reason.

Exercise Routine

Trojan Jumping Jacks

Right over left – bend down (then switch leg)

Feet together and bend to touch toes

Lungs to left (then switch direction) touching floor.

Right leg out left leg in (then switch leg) (also known as Hurdle Stretches)

Butterflies (hands on knees)

Nose to your toes

Sit Ups (10)

Push – Ups (10)

Right Hand behind back and Left-Hand Pulls Elbow (switch)

Trojan Jumping Jacks

Consequences

Warning

Student to sit out of game activity and point deduction

Parent Phone Call

Referral

Suspension (for opening gym doors without the permission of the instructors – THIS IS A SAFETY ISSUE)