

Physical Education Syllabus

Fall Semester/2021-Spring Semester/2022

Teacher Information

Office Location & Hours

Coach Hampton	jrhampto@volusia.k12.fl.us	Bldg. 5 Rm. 012, 7:30-2:45
Coach V	ntverack@volusia.k12.fl.us	Bldg. 5 Rm. 012, 7:30-2:45
Coach Shelley	cjshelley@volusia.k12.fl.us	Bldg. 5, Rm 012, 7:30-2:45

General Information

Description

Pathways Elementary PE seeks to get students to demonstrate behaviors that foster healthy active lifestyles for individuals and the benefit of society.

This will be done by learning...

- 1) To assess and monitor current physical health to meet fitness goals.
- 2) To maintain appropriate levels of cardio endurance, muscular endurance, and strength/flexibility.
- 3) Many different sports, activities, and the skills associated with each one.
- 4) The importance of conditioning, stretching, flexibility, and lifelong activity.
- 5) The importance of hard work and dedication, and how these lead to confidence and increased performance.
- 6) The importance of leadership, teamwork, and encouragement.
- 7) The importance of repetition and practice in improving skills and performance.
- 8) The ability to learn new skills and activities.
- 9) How to have fun while being physically active!!

Expectations and Goals

- 1) PARTICIPATE!
- 2) HAVE FUN!
- 3) GIVE IT YOUR BEST EFFORT!
- 4) PLAY SMART, PLAY SAFE, PLAY FAIRLY!
- 5) DEMONSTRATE GOOD SPORTSMANSHIP!

DISCIPLINE

Not that we are going to need it, but in case a student makes a bad decision or doesn't act accordingly with the class or school rules, we will follow the classroom guidelines. If the act is severe enough then we will go to the school discipline procedure.

1. Warning
2. Time Out
3. Call to parent
4. Referral

Course Materials

Required Materials

- A water bottle with YOUR NAME on it
- Athletic sneakers with laces or velcro
- Volusia county dress code
- Dress appropriately for weather

Quarantine: Physical_Education Log Sheets will be sent home for those students who will miss PE class. It is your responsibility to complete the tasks and return the log sheet signed to the PE Dept.

Communication

Its best to email the teachers with any questions or concerns. This is the fastest way to get a reply since we are outside on the fields most of the time. We will respond to you by the end of the next school day.