Slidell High School
Physical Education Department
Syllabus

**General Course Description:** Physical education is an integral part of the total education program and contributes to the development of the individual through the natural medium of physical activity; human movement. The physical education experience should be a positive motivating force that will help develop a lifestyle of physical activity. Each student will have the opportunity to participate in sports, components of overall fitness, and life long activities that can be enjoyed now and in the future.

**Information and Policies:**

I. **Clothing:** Students are required to have a COMPLETE change of clothes for activity each day for P.E. Tennis shoes and socks are required. The PE uniform consists of a plain gray shirt and kelly green shorts. The SHS PE department does sell PE shirts for $10.00 and shorts for $10.00. Students do not have to purchase PE uniforms from the PE dept. Failure to wear the correct clothing will result in a “no dress” and zero points for that particular day. Dress each day for the weather conditions. Dress apparel must also follow guidelines of the school handbook. SHORTS MUST BE AT LEAST FINGER TIP LENGTH. Failure to wear tennis shoes will result in a “no dress” and zero points.

II. **Grading:** 20 points per day will be awarded according to student ability to follow guidelines, procedures, and rules of the class. Points will be subtracted for not abiding by these guidelines communicated in class. 80% of the student’s grade will be dress, participation, and skill tests. 20% of the student’s grade will be a written final exam.

III. **Activities:** Daily exercises will be done prior to all activities. Inside and outside activities will be offered according to weather conditions. Inside activities may include basketball, volleyball, physical fitness, and table tennis. Outside activities may include flag football, softball, soccer, volley tennis, physical fitness, kickball, and horse shoes.

IV. **Medical Excuses:** If an illness or injury prevents a student from participating for one to three days, a written note from the parent or guardian is required. A written doctor’s excuse is required after three days. Extended absences for medical reasons will be dealt with individually.

V. **Lockers:** Lockers are provided in the locker room. Students must bring a lock to secure their valuables and belongings. Slidell High School and the Physical Education Department will NOT accept responsibility for lost or stolen items. Lock your stuff up and leave your valuables at home!!

VI. **Absences:** When a student is absent from school for any reason, he or she must bring a written excuse from home stating why the student was absent. **This excuse must be turned in to student services within two days of the absence.** An unexcused absence will result in a zero. Students will have the opportunity to make up excused absences.