**Physical Conditioning**

Teacher: Mrs. McCarley

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**Philosophy**

The Physical Education program at Hawthorne High School focuses on creating a positive and safe learning environment where all students feel comfortable participating and enjoy exercising. Physical Conditioning not only contributes to one’s physical, mental, and social health, but also teaches life skills, such as cooperation, sportsmanship, conflict resolution and healthy choices.

**Objectives**

1. Apply competent motor skills and movement patterns needed to perform a variety of physical activities
2. Understands concepts, principles, strategies and tactics that apply to the learning and performance of movement
3. Evaluate competent motor skills and movement patterns needed to perform a variety of physical activities
4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity
5. Understand the importance of achieving and maintaining a health-enhancing level of physical fitness
6. Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
7. Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.
8. Create plans for establishing and maintaining lifelong health enhancing behaviors based on concepts of health, fitness, and nutrition
9. Implement leadership skills to promote responsibility in self and others

**Class Requirements**

1. Be prepared daily. Appropriate attire includes PE t-shirts, PE shorts, and sneakers.
2. Be on time. Students should be in the locker rooms when the bell rings. Once the bell rings, you have 7 minutes to change and be in your assigned squad in the gym.
3. Be respectful. Be respectful to yourself, others, and equipment. Rudeness and foul language will not be tolerated.
4. Be responsible. Only clear bottled water is allowed in the gym. No other food or drinks are allowed in the gym. No cell phones, I pods, or electronics allowed in the gym. Valuables are the students’ responsibility.
5. Students will use the restroom during dress-out time. Once in the gym, students may only leave the gym with an escort for emergencies.
6. Students are expected to participate in all activities. If a student is unable to participate due to injury, a physician’s note will be accepted. Written work or an alternative activity will be arranged by the student’s teacher.
7. Attendance. Students may not have more than 10 absences each semester.

**GRADING:**

First Quarter

* 60% Formal Grades: Weekly Average, Projects
* 20% Informal Grades: Daily Participation, classwork assignments, homework
* 20% Midterm

Second Quarter

* 70% Formal Grades: Weekly Average, Projects
* 30% Informal Grades: Daily Participation, classwork assignments, homework

I have read and agree to adhere to the Hawthorne High School Physical Education syllabus.

Student’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s best contact phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent comments or concerns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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