

Contact Information

Teacher's Name: Seth Rhed
 School Email: srhed@smasd.org (any time throughout the day)
 School Phone: 814-781-2154 (messages will be returned after 11:45 a.m. Monday-Friday)

Physical Education Locks/Lockers

Students can choose to utilize an issued combination lock and be assigned a locker in their designated locker rooms. However, students do NOT have to store his/her gym clothes, deodorant, body spray, etc. in their gym lockers. They can choose to bring those items on a daily basis and therefore will not need a lock/locker assigned to them. Depending on class sizes, some students may have their own lock/locker and others may have to have a locker partner.

The "BIG 3" for P.E.

1. Be RESPECTFUL
2. Be RESPONSIBLE
3. Put forth your BEST EFFORT

Breakdown of Grading

Type of Grade	Estimated Times per Quarter	Point Value	Estimated Total Points per Quarter
Daily Grade (see rubric)	40-44	5 points (daily)	200-220 points
Quizzes	4	15-20 points	60-80 points
Heart Rate Zone Days	1-3	10 points	10-30 points

Physical Education Attire and Footwear

- Athletic shorts or athletic pants, t-shirts or long-sleeve t-shirts and sneakers that meet the requirements set forth in the 2015-2016 student/parent handbook
- Please see the "DRESS AND GROOMING" section of the 2015-2016 student/parent handbook for a detailed description.

Physical Education Medical Excuses

If your student is unable to participate in physical education class, please provide the excuses found below in the chart. In addition, it would be greatly appreciated if the excuse could include the following information on it:

- the date
- your signature (or doctor's if it's a medical excuse)
- a telephone number that you (parent/guardian) could be reached at
- the date when the student is able to return to full participation in physical education class, any limited participation in physical education class or "until further notice"
- any activities that the student may still be able to do (i.e. someone with a broken finger may still be able to utilize the exercise bike to earn their daily grade for that specific class period)

Consecutive Class Periods	Accepted Excuse
1-3	Parent/guardian note or doctor/medical excuse signed and dated with a contact telephone number.
4 or more	Doctor/medical excuse signed and dated with a contact telephone number.

STUDENT SIGNATURE: _____ PARENT/GUARDIAN SIGNATURE: _____
 DATE: _____ DATE: _____

Make-up Assignments

Students that do not participate in a single or multiple physical education classes throughout a grading period must complete alternative assignments to ensure that they have the opportunity to earn the same amount of points as every other student in all of my classes.

****ALL MAKE-UP ASSIGNMENTS ARE DUE BY 2:39 P.M. ON THE 44TH DAY OF THE QUARTER.**

****Reasons students may not participate in a single or multiple physical education classes include a band lesson, chorus lesson, doctor's excuse, parent/guardian excuse, absence from school, or an educational trip.**

Student option(s) to earn points	Opportunity to earn this amount of points	Brief description of make-up assignments
Option #1	5	Article review (7-9 complete sentences minimum) related to a health, fitness, or sports topic.
Option #2	10	One page, typed, double-spaced research report on a health, fitness, or sports related topic (12-15 complete sentences)
Option #3	20	Poster or PowerPoint presentation on a health-related topic

*****PLEASE REMEMBER*****

1. A student can still earn their daily 5 points by utilizing the cardio equipment for the duration of a class period. For example, if "STUDENT A" has a sprained wrist but a parent/guardian or doctor's note states that he/she can still ride an exercise bike, then he/she is permitted to do so to earn their daily 5 points instead of completing any of the options described above.
2. A student may choose any option or any combination of options to earn the points he/she has missed. For example, if "STUDENT A" missed 6 classes all quarter, he/she can choose to complete one "Option #3" assignment (20 points) and one "Option #2" assignment (10 points) to earn the 30 points that they have missed.

Example of a Student's PE grade (1 Quarter)

Student #1:

- 1) Daily Grade: 212/220 possible points
- 2) Quizzes: 67/80 possible points
- 3) HRZ Days: 25/30 possible points

*Total: Divide (your points) 304/330 (total possible points)
 -304 divided by 330 = **92.1 % (B)**

****Please see Middle School Grading Scale in the Student/Parent Handbook**

****If you have any questions on the information presented within this document please feel free to contact me using the contact information that I've listed on this document. Please read this syllabus yourself and have your son/daughter/student read it also. Once completed, please sign and return the bottom portion of this document so that the school district knows you are informed of the content presented in this document. THANK YOU!**

STUDENT SIGNATURE: _____ PARENT/GUARDIAN SIGNATURE: _____
 DATE: _____ DATE: _____