

Danbury High School
Physical Education Syllabus
2010-2011

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Physical Education is an integral part of our total educational program here at Danbury High School. Through the medium of sport and movement all students will participate in a sequential, differentiated program that fosters each student's personal health, fitness and safety. Through exposure to a wide variety of activities, students will gain the necessary knowledge to understand the importance of and be able to make educated decisions around opportunities to achieve and maintain a healthy lifestyle. Physical education provides a unique opportunity to contribute to the overall development and well being of every individual. Respect, cooperation, communication, teamwork and sportsmanship are an important aspect of our curriculum and will be emphasized throughout the semester.

Program Overview

All students enrolled in Physical Education at Danbury High School will begin their physical education experience by participating in a Fitness Unit. During this Fitness unit students will have an opportunity to connect with their assigned Physical Education teachers and prepare for the state physical fitness test. Following the Fitness unit, students will be able to select activities from the units offered allowing for participation in eight different activities per semester. The selective based program gives students the opportunity and incentive to participate in activities at a level of play that is both beneficial and rewarding for the students overall health and fitness level.

- Graduation Requirement, Students must pass 2 semesters (5 credits) of Physical Education
- Medical Excuses must be presented to the nurse.
- 3x unprepared for class participation = detention
- 3 unexcused tardies = 1 unexcused absence
- Make-up classes will be available for students to make up excused absences.

Make up Classes

- Make up classes will be after school in the weight room with Mr Purdy at 2:30.
- Students must get a make up sheet from their teacher and bring it with them when they attend the make up class. Students must have the make up sheet signed by Mr Purdy for credit to be awarded.
- After completing a make up students must give the signed make up sheet to their teacher.
- Only excused absences can be made up

Locker Room

- Locker rooms are available for both boys and girls. Students are to report to their respective locker rooms at the beginning and end of each period.
- The Locker rooms are the only place students are allowed to change into appropriate attire for Physical Education classes.
- Students are responsible for locking up their valuables during their Physical Education class. (The Physical Education staff asks that valuables such as money, jewelry, cell phones and iPods not be brought to class and if so students are responsible for the security of them).
- Students must bring a LOCK with them to P.E class to be used for the period and then remove the lock from the locker at the end of each P.E period.
- Any theft should be reported to a P.E teacher, level office and to a school resource officer immediately.