

# PE COURSE SYLLABUS 2020-2021

## TEACHER CONTACT INFO

TEACHER: COACH Brett Sawyer

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ROOM NUMBER: Back Gym

## DAILY EXPECTATIONS

10 MINUTES DRESS OUT IN ATHLETIC ATTIRE (MINIMUM REQUIREMENT IS ATHLETIC SHOES AND ACTIVE WEAR WITHIN DRESS CODE)

20 MINUTES STRETCH – WALK OR RUN 4 LAPS

40 MINUTES ACTIVITY (GAMES – AEROBIC EXERCISE)

20 MINUTES COOL DOWN & PREPARE FOR NEXT CLASS

- 1) BE ON TIME/ATTENDANCE
- 2) DRESS OUT
- 3) PARTICIPATE
- 4) HELP PICK UP AND PUT UP EQUIPMENT
- 5) BE RESPECTFUL TO OTHERS

## THINGS TO BRING DAILY

- 1) Active wear
- 2) Tennis shoes
- 3) Water

## 5 COURSE PILLARS

TRUST      SUPPORT      COMMUNICATION      RESPECT      RESPONSIBILITY

## DAILY GRADING SYSTEM

DRESS OUT AND PARTICIPATE	100
NO DRESS OUT AND PARTICIPATE	75
DRESS OUT AND NO PARTICIPATION	50
NO DRESS OUT AND NO PARTICIPATION	0
DISREPECTFUL OR NOT FOLLOWING DIRECTIONS	0

\*Due to COVID 19 we will not be issuing any lockers to PE students this year. We do not have enough locker space to effectively social distance at this time. We will provide a space for students to secure their belongings while unattended. Weather permitting all PE activities will be conducted outside.

## **ELECTRONIC LEARNING PE SYLLABUS**

### **DAILY EXPECTATIONS**

10 MINUTES DAILY CHEK IN (ATTENDANCE VIA GOOGLE MEET)

25-30 MINUTES OF PHYSICAL ACTIVITY

### **WEEKLY GRADING SYSTEM4**

AN ACTIVITY LOG WILL BE COMPLETED AND TURNED IN EVERY THREE WEEKS.

≥ 135 MINUTES OF PHYSICAL ACTIVITY PER WEEK	100
121-134 MINUTES OF PHYSICAL ACTIVITY PER WEEK	90
108-120 MINUTES OF PHYSICAL ACTIVITY PER WEEK	80
94-107 MINUTES OF PHYSICAL ACTIVITY PER WEEK	70
≤ 93 MINUTES OF PHYSICAL ACTIVITY PER WEEK	65