

Course Syllabus

Cicely Tyson Middle/High School
Physical Education
Days of the Week
Full year
Credit hours: 5.0/2.5/1.25

Mr. Grimbilas
School phone number: (973) 414-8600
Room Number(s) Gym
c.grimbilas@eastorange.k12.nj.us
973-414-8600 ext. 53019

Welcome and Introduction

Welcome to Physical Education. I'm your instructor, Mr. Grimbilas. We'll be together for the 2019-20 school year. In this course, we'll come together to help you gain a better understanding of how to live a healthy and active lifestyle.

Course Theme (overarching ideal)

"Without self-discipline, success is impossible, period." Lou Holtz

Course Goals/Essential Questions

- Learn the skills necessary to perform a variety of physical activities.
- Increase personal physical fitness.
- Participate regularly in a variety of physical activities.
- Understand the implications of and benefits from involvement in physical activity.

Methods of Instruction

In Physical Education, students will have the opportunity to participate in a variety of cooperative games, fitness activities, team sports, and individual sports. During class, students will work individually and in groups to develop the skills needed for these types of activities.

Course Component Specifics

Class participation and preparation are a major component of a student's grade. Students are expected to arrive to class on time, wear the proper attire (shorts/sweatpants, t-shirt/sweatshirt, and sneakers), and put forth their best effort. Students are prohibited from wearing jewelry during class activities. Students may only be excused from participating if they have a medical excuse from a doctor. Excused students will be given a writing assignment.

Students need to bring a positive attitude to class and show respect toward their classmates and teachers in Physical Education. To ensure a safe learning environment, students must follow all instructions given to them during the period. At no time are students allowed to bring food or use an electronic device during class. Students are strongly discouraged from bringing valuable personal belongings to the gym. Students are expected to keep their personal belongings in the locker room and are strongly encouraged to lock their lockers in the locker room.

Attendance and Make-Up Work

Absences are recognized for the following reasons:

1. Absences to participate in official school/district activities (performances, field trips, athletic events, etc.)
2. Absences for medical reasons

3. College Visits
4. Pass indicating with Administrator/Guidance/Nurse/CST/Social Worker/Discipline
5. Passes indicating you are with another teacher must be cleared first by the period teacher if you are planning to be more than 10 minutes late.

If you miss class, make arrangements with me as soon as possible to arrange time for your make-up assignments. You are responsible for getting class notes from a classmate. Make-up assignments are due by the end of the class following the missed class.

Course Requirements and Grading

Physical Education is required of all students unless there is a medical reason for non-participation with a written excuse from a doctor. Students will receive a letter grade based upon:

- Attendance/Preparation-30%
 - Arrive on time
 - Wear proper attire
 - Shorts/sweatpants
 - T-shirt/sweatshirt
 - Sneakers
- Participation-45%
 - Effort
 - Attitude
 - Behavior
 - Sportsmanship
- Assesment-25%
 - Performance assessments based on skills and game play.
 - Practical or written

Opportunities for Extra Support

By appointment

How to Reach Me

Email me at c.grimbilas@eastorange.k12.nj.us if you need to reach me. I will respond to you within 24-48 hours.

Date of the 1st Parent/Teacher meeting:

Required text/E-book/Online Resources Used

N/A

Supplies: Shorts, T-Shirt, Sweatpants, Sweatshirt, and a lock to secure your belongings in the locker room.

Quarterly/Unit Schedule

Quarter/Unit I Dates:

- Fitness

- Soccer
- Football
 - Assignments/projects/Assessments
 - Fitness Testing
 - Football & Soccer Skill Test

*Cicely L. Tyson Community School for Performing and Fine Arts Middle/High School where:
“ We aim high. We soar high.”*