

Fremd High School  
Freshman Physical Education Syllabus  
Mr. Balk  
2009-2010

Welcome to Fremd High School. I am looking forward to a fun and positive year in physical education at Fremd High School. Each student will be exposed to number of activities that will stimulate learning social, mental, and physical skills. The physical education program at Fremd High School will present many challenges and benefits, among them:

1. A positive effect on the student's academics.
2. Emphasize an enjoyable experience, and participation
3. Providing knowledge of an activity that they can adopt and use for a lifetime.
4. To influence the students positive feelings about physical activity/fitness.
5. To improve the student overall physical fitness
6. To improve the student skill level in a number of activities
7. Improve muscular endurance, power, strength, and flexibility.
8. Improve the students overall self image/esteem
9. Create a positive environment for social interaction.
10. Participate in class discussions

Some of the activities the student will be participating in are: physical fitness, cooperative games, initiatives, individual, team sports, and swimming. It is my hope that in my class we will discover an area that you will enjoy and continue to participate in for a lifetime.

**Teacher expectations**

- It is a goal of mine to help each student become excited about physical education.
- To challenge all of you in some aspect on a consistent basis
- Create a positive environment for participation
- Respect your difference (expect the same in return)

**Student Expectations**

- Be on time to class ( **attendance is taken 5 minutes after the tardy bell**)
- Be active participants
- Be a positive student
- Show respect to peers ( no put downs will be tolerated), leaders, and teachers
- Be prepared
  - Wear the proper Fremd Uniform
  - Wear the proper shoes
  - Have the Proper Lock (must be school issued or will be cut)
- Respect the equipment
- Maintain open communication with your peers and the teacher
- ALWAYS try your BEST, demonstrate a positive attitude
- AND most important HAVE FUN!!!!

**Dress Procedures**

Shorts- Fremd issued forest green P.E. shorts

Shirts- Fremd issued P.E. shirt

Shoes- Court, cross training, or running shoe only. No heeled shoe, platform shoe of any type, boots, street shoe, or sandal permitted due to safety.

Sweat pant or Sweat shirts- They are allowed to worn over the permitted uniform not in place of the uniform. They must be appropriate no depicting alcohol, drugs, or demeaning messages.

### **Non-Dress procedure**

First offense- warning card filled out for students

Second offense-call to parent

Third offense- student sent to administrator, given detention

Fourth offense- student sent to administrator, call to parent (possible drop from class)

Fifth offense-student dropped from class.

### **Grading**

- **Participation, Cooperation, and Attitude**
- Display proper Attitude and Respect for others
- Proper dress for class
- Actively participating
- Warm up and cool down Display proper Attitude and Respect for others
- Display proper Attitude and Respect for others
  
- **Skill application / Sportsmanship**
  - Effort included in this portion
  - application of skill and strategies
  - teamwork
  
- **Written work**
  - All units will have a written test

Any questions Feel Free to contact me by Email at: [dbalk@d211.org](mailto:dbalk@d211.org) or  
Office Phone numbers: 847-755-2783