

**ROCKWOOD AREA HIGH SCHOOL**  
**TEACHER: MR. ENOS**  
**Cenos@rockwoodschoools.org**

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**Physical Education 7-12**

The following areas of instruction are included in all grades of Physical Education:

- A. Football
- B. Soccer
- C. Volleyball
- D. Games of low organization: Dodgeball, kickball, pillow polo, wiffleball
- E. Basketball
- F. Hockey
- G. Fitness Graham
- H. Softball
- I. Tennis/ PickleBall
- J. Gator Ball
- K. Ultimate Frisbee
- L. Olympic Style Speedball
- M. Outdoor Activities

Each grade level will work on different skills, offenses, defenses and game situations during the unit. Game play in that unit will occur after the skills and objectives are practiced. Some units will include written tests that will be graded.

**Grades 7-12 Physical Education**

**Written Tests:** Tests will vary in point value depending on the amount of information covered in the units.

The tests will include:

- a. True & False
- b. Matching
- c. Short Answer
- d. Essay
- e. Fill in the blank
- f. Multiple Choice

**Grading:** Standard grading of the Rockwood Area School District

**Physical Education Rules:**

- 1. All Students will dress and participate in class.
- 2. 4 non-dresses or non-participations within the quarter will result in failure for the quarter.
- 3. 7 non-dresses or non-participations will result in failure for the year.
- 4. Keep Hands to yourself
- 5. All jewelry must be removed.

6. Follow school dress code for gym wear (no short shorts, spandex material, cut offs that show male or female mid-section, shirts that show midriff or spaghetti strap tanks).
7. If absent, it is YOUR responsibility to make up for missed work.
8. No extra credit will be available.
9. Use equipment correctly and safely; if you break the equipment while using it incorrectly, you will be charged for that item.
10. On days a student has gym, wearing athletic clothes and deodorant are highly encouraged.

**Physical Education Grading:**

Each class is worth 10 points.

Points will be broken down in the following way:

**Dress for class                      3 Points**

Must be wearing athletic wear (gym shorts, sweats, nylon pants, t-shirts, sweatshirts, sneakers)

-No spaghetti strap tank tops, short shorts, jewelry, shirts that show midriff or clothing with inappropriate logos or language.

**Class Participation                      3 Points**

Students must participate in the daily activity for the entire period to receive participation points. Begins at warm-up and ends when the bell rings.

**Class Conduct                      2 Points**

Includes the proper use of equipment, following class rules, and positive behavior. No visual or vocal obscenities.

**Sportsmanship                      2 Points**

Student puts forth effort in class

Demonstrates teamwork

Follows game rules and expectations.

Help others achieve standards.

**Tests:** Tests will vary in points depending on the amount of material covered. Tests will include multiple choice, true/false, fill in the blank and short answer questions.

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Rockwood Physical Education

Parent Signature:

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Student Signature:

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