


**WASHOUGAL HIGH SCHOOL**  
**Physical Education Syllabus**  
**Coach Boothby**  
**2023-2024**

**Student Name:** \_\_\_\_\_  
**Period #** \_\_\_\_\_

Please print your name clearly.

Welcome, I am excited to be your instructor this year. Your class will include activities involving fitness, nutrition, science, and motivation. Exercise is fun, I love it, and I am here to help you build healthy life-long fitness goals. Always follow THE THREE PILLARS OF SUCCESS and share this syllabus tonight with your parent or guardian (sign on the back to meet standard). 

## **(SET) S: Safety E: Effort T: Technique 4/4 = A**

### **DRESS:**

Proper clothing for PE MUST include: t-shirts, shorts, sweats, sweatshirt, socks, and athletic shoes. You **must be in approved workout gear to stay safe and injury free. Hats should not be worn and if they're on during activity they need to be reversed (turned) for safety.** **JEANS SHOULD NEVER. I REPEAT SHOULD NEVER, NEVER BE WORN DURING PE or Weights. Croc's, slippers and Boots are UNSAFE = AUTO -1 PTS**

**In Weightlifting they are not only dangerous, but cause damage to our equipment!**

- Logos on clothing should not have inappropriate insignias or language.
- No WHS athletic issued gear is to be worn during PE class. **(NO UNIFORMS)**
- Students who do not have appropriate workout gear or refuse to exercise for any reason may gain partial points by completing an activity lab online (CELL AWAY)\*.

**\*\*\*CELL-PHONE ARE NEVER ALLOWED AND ARE UNSAFE = AUTO -1**

**IF IT IS OUT AT ALL ON THE COURT OR IN THE WEIGHTROOM DURING PLAY/ACTIVITY, YOU MUST SURRENDER THE DEVICE IMMEDIATELY or lose classroom points/safety points. KEEP IT AWAY...SCORE AN A (4/4)**

### **LOCKERS:**

- All students will be offered a school lock. Locks will be handed out the second day of class. We highly recommend you use one. Each student will be required to return their lock during FINALS WEEK or they will be FINED \$5. Personal locks aren't allowed and will be removed.
- CHANGE ONLY IN THE LOCKEROOM = Not other bathrooms = NOT ALLOWED without prior approval.
- Keep lockers locked. WHS is not responsible for lost or stolen items from the locker room and you should lock items to keep them secure.
- DO NOT share lock combos with others. Having it hidden on your phone is helpful.
- Boy's Locker Room: Store your PE gear in small lockers. The larger lockers are to be used for bags and street clothes **DURING CLASS TIME ONLY.**
- Students will be given five (5) minutes to change prior to the beginning of class. **They must use the bathroom at this time and NOT after Role/Attendance.**
- Students will be dismissed up to **6-8 minutes prior** to the end of class to get cleaned up.

### **INJURY PREVENTION**

- Report any injuries, however minor, to the instructor immediately.
- All medical notes must be accompanied by a doctor's note. Parents excusing students will be considered a non-suit, but the missed activity may be made-up if approved.
- You must change and (OR) use the restroom during suit-up time. DO NOT use the bathroom during warm-up. If you need to go...GO BEFORE WE BEGIN WARM-UPS!

- Students are allowed five (5) days, once cleared by a doctor, to make up the medical absences and non-suit(s). Online labs/make-ups can BOOST YOUR GRADE ☺\*.

**MAKE-UPS:**

- Students may make-up **EXCUSED, PREARRANGED, MEDICAL NONSUITS, AND SCHOOL RELATED ABSENCES.**
- Make ups are done using Mr. Boothby PE Website and After School when open:
- <https://pantherrunners.com/boothbyweb/HEALTHwebDAILY.html>
- If a student has an unexcused absence, skips class or refuse to participate and complete the daily lab\*, they may not be permitted into the weightroom (After School) for the day.

**ABSENCES:**

Active fitness and weight lifting grades are based primarily on active participation. If you must miss a day of PE due to an excused, pre-arranged, or school-related absence, you can make it up. If your absence is unexcused you will be unable to meet standard for the day and will need to meet with your instructor to prevent this from happening again. If a student leaves the PE area without permission prior to the final bell they may lose part of their daily scoring points (this is an essential standard). **AUTO -1**

**NOTE: leaving the class BEFORE the final bell is leaving early and without permission.**

**It's not worth missing standard, just to skip out a minute or 2 early!**

**PARTICIPATION:**

ACTIVE DAILY PARTICIPATION IS MANDATORY to fully meet standard (4/4) sitting down, or non-participation will automatically cause a loss of daily points. You are expected to participate (exercise) on a daily basis. Anytime a student is not properly dressed down, and/or refuses to participate (sitting), or leaves class early (or without permission), they will lose points.

**Classes MUST remain with their instructor INSIDE THE GYM until the final bell rings!**

**(GRADING) We are using a Standards Based Scale As Follows”**

0- No Evidence: Student did not demonstrate an understanding of the standard, or did not submit any material to assess.

1- **Novice:** Student is unable to demonstrate understanding of basic concepts, or requires assistance to do so.

2- **Approaching:** Student demonstrates understanding of basic concepts, but is unable to demonstrate more complex concepts

3- **Proficient:** Student demonstrates understanding of both simple and complex concepts and is able to make connections

4- **Mastery:** Student demonstrates the ability to extend and apply their learning beyond what was explicitly taught

**CELL PHONES / MP3 PLAYERS / CHROMEBOOKS = NOT ALLOWED!** The use of cell phones, MP3 players and Chromebooks are only allowed during specified times (ASK). **This includes students who are non-participants. NON SUIT = NO PHONE 100% !!!**

**\*\*\*After 2 warnings the device is sent to the main office (PER Dept. Policy)**

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Coach Boothby [scott.boothby@washougalsd.org](mailto:scott.boothby@washougalsd.org)

Website Resource (Bookmark This): Food-Science –Health-Nutrition-

<https://pantherrunners.com/boothbyweb/Weights.html>

**-Remember you can GAIN A BONUS POINT (+1) on challenge days ☺-**