**TH Rogers Physical Education**

“I consider exercise vulgar. It makes people smell.” ~Alec Yuill Thornton

**Teacher:** Coach Tim Neckar **Email:** tneckar@houstonisd.org **Planning Time:** B5 Days

**Overview**

 Everyone needs exercise (young and old), but usually we all do not get enough. I strive to teach why exercise, fitness, nutrition, and other aspects of being fit and healthy are important to one’s self. I teach the student that one has to take care of their body in order to live a good, quality life. Quality of life begins now, so that they will have to knowledge and tools to carry on long after they leave THR. Teaching lifetime sports along with the physical fitness will give them options in the future to pursue the sports they enjoy.

I am a graduate (class of ’84) of Baylor University (Sic’em Bears!). I am married and have two beautiful daughters. I myself strength train and run mostly. I have completed over 100 ultramarathons with 28 of those being of 100 miles or more. I’m also a 6 time Boston Marathon finisher. This is my 38th year of teaching with this being my 24th here at THR.

**Course Goals and Learning Outcomes**

 The student will have general knowledge about team sports, their rules, their strategies, specific skills to be successful in each sport, and sportsmanship. Each student will acquire the knowledge of how one gets in shape, its physiological impact, how to maintain being fit. Health related topics include nutrition, teen dating, diseases, sun health, alcohol abuse, tobacco use, HIV and pregnancy, eating disorders, and peer pressure.

**Format and Procedures**

 . Each sport unit will be 3 weeks in length. We will instruct on Volleyball, Swimming, Flag Football, Basketball, Lacrosse, Pickleball, Badminton, Soccer, Ultimate Frisbee, and Floor Hockey. At the end of each 9 weeks, a Fitness Test is administered to evaluate the progress of each student. Sportsmanship and teamwork is stressed at all times. Health class is 6 weeks long and is held the first 6 weeks of the Spring Semester.

**Course Requirements**

Dressing out for Class: TH Rogers PE Uniform is the preferred uniform. The THR uniform cost $20.00. $10.00 for shirt, $10.00 for the shorts. In place of the THR uniform, they may also wear plain black shorts. This means no stripes or piping anywhere on the shorts of a different color. Athletic shorts only. Girl’s shorts must be at least mid-thigh. Yoga pants and Capri tights for girls are acceptable as well. Shorts with a zipper and/or pockets are not acceptable. Only the brand logo may appear on the shorts. Shirt: plain white or grey is acceptable. No collar. Also, any THR shirt will be acceptable. Shoes: Athletic shoes (running, tennis with laces or Velcro straps) only. Shoes with no laces, dress shoes, boots are not acceptable. Warm-up pant and jackets/coats are acceptable, but must be worn over the PE Uniform.

**Grading Procedures**

* Dressing out – 35% We want the students to dress out fully (shirt/bottoms) for PE. Now that they are getting older and going through puberty, body odor becomes an issue. This is why we have a strict dressing out policy. If a student dresses out that day in the appropriate shirt or short, but inappropriate other piece of clothing, they will receive a “0” for their grade. No “half-credit “given. Improper shoes worn will give a “50” for that day for their Dressing Out grade.
* Participation – 35% - Any unauthorized standing, sitting, or not engaged in the activity will lower the student’s participation grade. Also, when running outside on the track/field, a lenient time is given to finish the distance. If it is not finished in that time, the participation grade will be lowered as well.
* 6 Week Fitness Test – 20% - Students will be graded in the Mile Run, Sit-up Test, Push-up Test, and Shuttle Run Test.