Physical Education

Instructor: David Alexander

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**Course Description**

In the Physical Education class students will concentrate on all areas of physical development. Classes will stress the importance of student participation and sportsmanship while learning and performing various skills and encouraging students about nutritional needs.

**Materials**

T-shirts, gym shorts, sweat pants, socks, tennis shoes, deodorant, and towel.

-NO sandals, crocs, boots, uggz, dress shoes, etc.

-NO jeans, khakis, skirts, dresses

**Classroom Management**

1. NO CELL PHONES DURING CLASS.
2. Be on time, dressed and ready for class 1 minute after the bell. Failure to do so will result in a tardy.
3. Students need to use the restroom before moving to the fieldhouse. You will have enough time to do so.
4. No vulgar or inappropriate language will be tolerated.
5. No horseplay anywhere at anytime.
6. Workouts will be given to each individual student. Students are asked to keep busy always completing their work. Conversing with friends should not affect your work.
7. Always come prepared to work in each class setting. If you have an injury, we need a doctor’s note. Only two parent notes will be tolerated.
8. All equipment used in class must be returned to the proper setting before class is dismissed.
9. When instructions are being given out during class students are asked to be quiet.
10. While in the weight room, students are to be lifting or spotting. Sitting and talking is not an option.
11. Be respectful to the instructor and other students at all times.

Any student who disobeys the rules given in their class or the rules in the student handbook will be disciplined.

**Grading**

A 100-93 B- 82-80 D+ 69-67

A- 92-90 C+ 79-77 D 66-63

B+ 89-87 C 76-73 D- 62-60

B 86-83 C- 72-70 F 59-BELOW

Points are earned by:

Class participation—Each student will be graded each day on participation. Each student will be given a 0-10 each day based on their participation in the class.

Weightroom and Run test—points awarded for timed runs and lifting improvements

A typical day will go as follows: warm up lap, stretch, cardio, weight room, game or walk. (If a student chooses to walk, they will automatically lose 2 points for that day.)

Make up work: If a student misses a class, they need to write a Sports Report and bring it to the next class. They will need one for every class missed to earn credit. Sports Reports should be ½ page long, written or typed. The Sports Report can be on any sport possible, but you cannot repeat topics. Your report should include:

* What your sport is
* The rules of the sport
* Where it’s played in the world
* Who are some notable teams/players
* One paragraph on a specific player
  + Tell me where he plays, accomplishments/awards, where he’s from

**No Dress and Absence Policy:**

1-2 No Dress = points lost for day(s), note sent home

3 No Dress = points lost for day and note sent home

4 No Dress = Taken out of class and no credit earned

**Excused Absences**

Must have a written note by parent (2 per nine weeks), or a doctors note. All medical problems must be reported.