

PE

**With Coach O'Bannon,
Coach Porter,
and Coach Martinez**

Class Rules

- Be on time!
- Be prepared to participate daily
- Show respect to others, their property, yourself, and to all teachers.
- No bullying!!!! If you witness bullying at any time, please report it to a coach or administrator immediately.
- Place any/all belongings in cubby.
- Come with a positive attitude and ready to workout!!!
- NO GUM ALLOWED IN GYM!!!

Consequences

- Warning by coach
- Conference with student and coaches
- D-hall, written assignments, and/or conditioning
- Office visit with Vice Principals

Proper Attire Needed Daily

- ⦿ Athletic shoes
 - > Grade will be affected if improper shoes are worn.

Student Expectations

- Come to class prepared with the required shoes.
- Workout to your fullest potential.
- Listen when a Coach is talking.
- Take care of equipment.

Injury/Illness:

- If you are unable to participate in PE due to illness or injury, a note from a parent/guardian must be taken to the nurse before school starts. The nurse will give you a pass and/or copy the note to give to a coach. Please be aware that a written assignment may be assigned to students who are unable to participate. Your grade may be affected if a note is not given. If you are injured please have the doctor write us a detailed note of what you can and cannot do in PE and when she will be able to fully participate.
- Also, you need to approach a coach and let them become aware of any injuries or illnesses that may develop during the PE class. Students are encouraged to use a buddy system. If you notices your buddy not feeling well, acting funny, or injured, the buddy will need to notify a coach.

Inhalers/Allergies:

- Please notify a coach if you have asthma or allergies.
- Students should use their inhaler before PE class if needed. This can be arranged with the nurse.
- Please realize that we expect you to run if you have asthma. We do understand asthma, but running can help strengthen lungs and decrease some effects of asthma.

Restroom:

- Students need to use the restroom before starting their PE workout. Workouts are typically around 30 minutes and we encourage students to use the restroom before or after so the workout is not interrupted.

Grading

- Grading is based on participation and effort.
- One overall grade is given per week.
- Students can earn thirty three points per day for participating. Students that follow class procedures and participate correctly will earn 100 points for the week.
- Points are deducted for no shoes, little effort, sitting out without a note, and not completing health assignment. Health assignments will be given to students that are not participating and points will be given for that assignment.

Your PE Schedule

- You will have PE three days a week, Computer Tech class one day, and library one day.
- We take attendance daily and make sure you are in the correct class.
- To figure out, look at your schedule.
 - > Line 1 reads “Library” information. Look under days met for your library day.
 - > Line 2 reads “Computer Lit” information. Look under days met for your computer day.
 - > The left over days are your PE days.

A or B????

***THIS HAS NOTHING TO DO WITH YOUR
SCI/SS day.**

- Look under the 'Room' column.
 - > If you have an "A" after 'Li' then you have Library, Computers, and PE during the first part of specials.
 - > If you have a 'B' after 'Li' then you have Library, Computers, and PE during the second part of specials.

What will we do this year in PE?

- Fitness Gram
- Kickball / softball / baseball
- Soccer
- Bowling
- Hockey
- Badminton
- Volleyball
- Football
- Field day

What will a typical day in PE look like?

- ⦿ Come in and sit in your spot.
- ⦿ Complete warm-up in your spot.
- ⦿ Jog
- ⦿ Stretch / water / restroom break
- ⦿ Unit play
- ⦿ Wait for coaches to dismiss you to leave for your next class.