

# Physical Education/Weights

## 2021-2022 Course Syllabus

### **INSTRUCTORS**

Coach Barker	<a href="mailto:dbarker@fortosage.net">dbarker@fortosage.net</a>	816-650-7044
Coach Dudley	<a href="mailto:zdudley@fortosage.net">zdudley@fortosage.net</a>	816-650-7052
Coach Gage	<a href="mailto:vgage@fortosage.net">vgage@fortosage.net</a>	816-650-7109
Coach Sullivan	<a href="mailto:ksullivan@fortosag.net">ksullivan@fortosag.net</a>	816-650-7096
Coach Walker	<a href="mailto:cwalker@fortosage.net">cwalker@fortosage.net</a>	816-650-7756

### **EXPECTATIONS OF STUDENT**

- \* Dress out every class period (see dress code below).
- \* Actively participate and follow directions.
- \* Respect yourself, others, teachers, facilities, and equipment.
- \* Give your best effort on all activities.
  - o This will increase your physical fitness level and make the activities more enjoyable for everyone involved.

### **PHYSICAL EDUCATION RULES**

- Be respectful and cooperative
- Follow directions and display a positive, respectful, sportsmanlike behavior in all activities and sports.
- Help maintain and use equipment properly. Horse play with equipment is not acceptable.
- Whistle signal: this is a signal to stop and give your attention to the teacher.

### **PHYSICAL EDUCATION PROCEDURES**

- \* Go straight to your locker room and dress out. Students are allotted 5 minutes at the beginning and 5 minutes at the end of each period to dress.
- \* Students will get a 1 minute warning by the sound of a whistle. If students are not out of the locker room within the 1 minute warning you are considered tardy.
- \* Each day a set of warm up activities will be completed before the game starts.

### **CELL PHONES & ELECTRONICS**

- Students are to leave their cell phones in their locker or gym bag. **\*\*Unless given permission by the instructor!!**
- If a student is caught using their cell phone or an electronic device, they will be asked politely to put it in their bag or locker.
- Failure to cooperate with handing the electronic device over will result in the device being taken to the office.

### **GRADES**

- \* Grades will be determined according to proper attire, participation and behavior.  
***Students will start the semester with 250 points. 10 points will be deducted for each day the student does not participate.***

### **GRADING SYSTEM**

96-100.....A	80-82.....B-	67-69.....D+
90-95.....A-	77-79.....C+	63-66.....D
87-89.....B+	73-76.....C	60-62.....D-
83-86.....B	70-72.....C-	0-59.....F

### **DRESS CODE**

- T-shirt (not a polo or buttoned shirt), gym shorts, socks, tennis shoes, no large jewelry.
  - Sweatshirts, sweatpants, and windsuit pants.
  - Shorts must be an athletic style short. Shorts must be an appropriate length. It is up to the teacher's discretion if shorts are too long, or too short. If inappropriate, you will be asked to change or receive a "no dress".
  - T-shirts must be appropriate. Cutoffs are acceptable as long as they are appropriate. This is at the teacher's discretion.
    - Ex. Guys: Cutoffs shouldn't be open down to your waist.  
Girls: Sport bras are undergarments, which means under your clothes. Cutoff/tanks shouldn't be revealing and must still follow the school dress code.

### **EXCUSE FROM PHYSICAL EDUCATION**

- \* Students may be excused from participation for a **maximum of 2 consecutive days** for a medical reason with a note from a parent/guardian. More than 2 consecutive days requires a physician's statement. Otherwise, daily points for participation will be deducted for nonparticipation and will not be allowed to be made up.

### **HEALTH/HYGIENE**

- \* Please submit a written statement from either the student's parent/guardian or physician if there are any conditions and/or limitations that we should be aware of. (ex. Asthma, students are to be responsible for having their inhaler with them, per permission from the nurse.)
- \* **Any injuries sustained in physical education should be reported to your instructor immediately!**

### **CONTACT INFORMATION**

If throughout the semester you have any questions, comments, or concerns, please don't hesitate to contact your instructor. Please note, our schedules vary from day-to-day.

Coach Barker	plan period: 1st	1:30 p.m.-2:25 p.m.
Coach Dudley	plan period: 7th	7:30 A.m.-8:15 a.m.
Coach Gage	plan period: 6th	11:10 a.m.-12:30 p.m.
Coach Sullivan	plan period: 3rd	9:10 p.m.-10:10 p.m.
Coach Walker	plan period: 4th	10:15 p.m.-11:05 p.m.

**\*Please go over this syllabus with your parents/guardian.**