

Coach Josh Nabors

25-26 PHYSICAL EDUCATION SYLLABUS

Armuchee High School (6th,7th & 8th)

706-236-1886

COURSE DESCRIPTION: The study of the importance and execution of physical education for the high school student.

TEAM SPORTS

COURSE OBJECTIVES

By completion of the semester, the student should be able to:

1. Have a general idea of the advantages of being physically fit.
2. Identify a various number of exercises that promote fitness.
3. Have a general understanding of a number of sports/games and the rules and regulations of those games.
4. Understand the importance of working together as a team in striving to reach a collective goal.

TEAM SPORTS ACTIVITIES PLANNED:

Mile Monday, Workout Wednesday, Basketball, PickleBall, Spikeball, Handball, Gym Games, Ultimate Frisbee, Soccer, Volleyball, Nitro Four Square, Hunger Games, and Battle ball. GA Fitness Tests.

STUDENTS MUST:

- Dress out each day for class. T-shirt, shorts or athletic pants and tennis shoes. No tank tops, blue jeans, khaki pants or slides.
- Keep valuables in the locker room during class time.
You must provide your own combination lock if you wish to lock a locker.
- Obey classroom rules and all rules established in the student handbook.
- **NO CELL PHONES. Cell phones will be kept in book bags locked in the locker room during class.**
- **NO AIR PODS/EAR BUDS**

EVALUATION:

Students will earn points daily for dressing out and participating in the activity. **A maximum of TWO parent notes will be accepted for excusal from participation. After the second note, a DOCTOR'S note will be required in order not to lose participation points.**

- Students begin with a 100 each week, and **points will be deducted for not dressing out, tardy to roll call, disruptive behavior, failure to follow instructions, and lack of participation.**
- Disruptive behavior, consistent failure to dress out, and any other behavior contributing to the disruption and safety of others will result in either PE Detention (held during class time) and/or placement on the student's Discipline Plan.

GRADE: _____

STUDENT NAME

PARENT SIGNATURE