

# Coosa Middle School

## Physical Education/Health Syllabus

### **Philosophy**

The Coosa Middle School Physical Education Department provides our students with the opportunity to develop body and mind. We want to create an atmosphere of wellness in our classroom that will extend into the community. The foundation of our program lies in physical fitness and character education.

It is our mission to empower all students to sustain regular activity as a foundation for a healthy, productive, and fulfilling life.

### **Expectations**

Respect:

- Yourself: by working hard to improve your fitness level
- Others: always encourage never put down
- Equipment: by using it for intended purpose

### **Discipline**

- Level 1 infractions will be handled in the gym on a case by case basis. Chronic level 1 infractions may result in an office referral.
- Level 2 and 3 infractions will result in an office referral

### **Grading Policy**

20 points possible per day

- 10 points: dress-out
- 10 points: performance – fitness and skills

Extra Credit Work: attending after school activities, make-up activities, completing a 5K

### **What You Need:**

Black shorts, sweats, or wind suit pants

White t-shirt or school color sweatshirt

Lock

Athletic shoes

### **Teachers:**

Dustin Little      [Dustinlittle@floydboe.net](mailto:Dustinlittle@floydboe.net)

Candice Forrister      [Cforrister@floydboe.net](mailto:Cforrister@floydboe.net)

Dow Turrentine      [Dowturrentine@floydboe.net](mailto:Dowturrentine@floydboe.net)

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I have received a syllabus for my Physical Education class.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student's name: \_\_\_\_\_ Class period: \_\_\_\_\_