

PHYSICAL EDUCATION I

(FRESHMEN)

MR. RICE / MR. HIATT

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Physical Education I is a required class that must be taken during the students 9th grade year.

CLASS EMPHASIS:

This course will focus on various Fitness components as well as an Introduction to Recreational Activities. The students will rotate through three main areas:

- 1- Health Related Fitness/Fitness Testing**
- 2- Strength Training**
- 3- Introductory Recreational Activities**

GRADING:

The following grading scale will be used to determine grades:

A = 100 – 93

B = 92 – 86

C = 85 – 78

D = 77 – 70

F = Below 70

Grades are based on attendance/participation, positive attitude and effort. Fitness testing is required to complete course!

On activity days you will have an opportunity to earn 8 points per day.

You must dress out to participate!

- 2 points for dressing out on time**
- 3 points for participation**
- 3 points for positive attitude**

Point deductions as follows:

-2 tardiness

-8 fighting of any type

-8 No clothes

***Accumulated No clothes, refer to school absence policy**

***A student that accumulates 8 No Dress days will fail the course!**

ATTENDANCE:

**Absences will result in a loss of 8 points for each day missed. The student may gain these points back by writing a one page report in 12 point font on the activity missed. You may only do that twice throughout the term! After you have used up your two written papers for absences, any absences after that you will be responsible for doing 30 minutes fitness activity in the weight room after school or at 7:30 am. School activities are excused, you will get credit for that day!
You have one week from the day you are absent to make up your points
No Dress days are unexcuseable and cannot be made up!**

ILLNESS/INJURY:

All students are to participate, not feeling well does not constitute an excuse.

If a student has an injury they will need to bring a doctors note stating that there participation is limited.

UNIFORM:

Each student should furnish their own clothes. This includes shorts, wind pants, sweats, and appropriate shirt and tennis shoes. School regulations will result in a loss of 3 points per day. Cut-off jeans, tank tops, and mid-driff tops are not allowed.

LOCKS AND LOCKERS:

Each student will be assigned a locker and issued a school lock. A fine of \$5.00 will be assessed for a lock that is lost.

CLASS PROCEDURE:

You are to be in the locker room when the bell rings, change to appropriate attire, and report to your assigned spot in the gym for roll. You will be assigned a spot that you will be expected to be at when you enter the gym. Any student that is not in his/her assigned spot when attendance is taken will be counted tardy. You are expected to be quiet and ready to begin when attendance is taken.

You must stay in locker room until bell rings at end of class!

No student is to re-enter the locker room during class time. Restroom use is in the hallway on the north end of the main gym.