

Physical Education 9-10- Mr. Stiklestad

Course Description: Physical Education 9-10 - ½ credit

One term - Co-ed (G)

This class is required as a freshmen and sophomore. This course is designed to familiarize students with a variety of sports, along with fitness and lifting development.

Expectations:

1. You are required to have a t-shirt in its original form with shorts/sweats and tennis shoes for each class period. Have appropriate clothing for outside activity. No loose Jewelry.
2. From the time the second bell rings, you have 5 minutes to get to the gym.
3. Respect yourself, Respect others and Respect equipment. No SWEARING!!! NO TEASING!!! **One warning then detentions will be handed out.**
4. A DOCTOR'S note is **required**, in order to be EXCUSED from an illness or injury.
5. Students will not be able to make-up unexcused absences.
6. It is **your** responsibility to communicate with the teacher before class to arrange make-up for excused absences. You will need to exercise for ½ **hour** to make up **1 missed day** or read and fill out the **unit worksheet** for the day you missed. This will earn you full credit if you get 80% or more correct. If you choose to exercise you have until the end of the quarter to make up your days. If you choose to fill out the worksheet you have until the end of the unit.
7. You are provided a locker and lock for the locker room.. If you don't lock up your items, it is not our responsibility. If any of your items are stolen from the locker room, it is your responsibility to report it to the school.
8. You are not allowed to have cell phones, I-pods, cameras, MP3 players or any other electronic devices. They will be taken away and given to the office. Even in the locker room.
9. You will run the mile 3 times with great effort or you will not pass the class.

Classroom Procedure:

1. When you report to the gym you will be given a specific activity to do. This time is for attendance and taking care of classroom business.
2. The remaining time is set for stretching, strength and conditioning, skill(s) and game play.
3. Games will be played according to the classroom rules not your rules.
4. Mondays and Wednesdays will mostly be fitness and lifting days.
5. You will be dismissed from class approx. 8 minutes before the bell rings.

Grading:

Participation will be 75% your grade: This includes being to class on time, being dressed in PE t-shirt and shorts with tennis shoes on, participating in all class activities, working with others, positive attitude, helping others in class, being respectful to others and equipment. The other 25% will be written tests, skills tests, and Fitness testing.

A= 100-93 A-= 92-90 B+= 89-87 B= 86-83 B-= 82-80

C+= 79-77 C= 76-73 C-= 72-70 D+= 69-67 D= 66-63

D-= 62-60 F= 59% or less

First Day:

1. You need to get a Lock and put it on a locker, record the combination and locker number!
2. Perform Fitness tests and tell me your results. (Height, weight, sit and reach, etc.)
3. Sign syllabus and turn into Mr. Stiklestad

I understand the rules and will follow them. If I do not follow the rules there will be consequences that I know about.

Signature: _____