

Team Sports- Mr. Stiklestad

Course Description: Team Sports I and II - ½ credit each

One term-Grade Level 10-12

This elective course for sophomores, juniors and seniors will give the serious competitor the opportunity to develop advanced skills, strategies, teamwork, and fitness levels in a variety of sports and activities. You will play competitive games and advance your skill level in multiple disciplines throughout the semester.

Expectations:

- Chromebooks will be left on the stage in the Gym Before you go to the locker room.
- From the time the second bell rings, you have 5 minutes to get to the gym.
- Respect yourself, Respect others and Respect equipment. No SWEARING!!! NO TEASING!!! **One warning then detentions will be handed out.**
- **DRESS CODE:** 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. **If you forget clothes** you have these options: **A)** Participate fully and earn 3/5 points. **B)** Fill out the lesson review and sit out for 2/5.
- **MISSED A DAY?** You will need to exercise for ½ hour to make up **1 missed day** or read and fill out the **unit worksheet** for 1 missed day(only 2 per unit). 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. Students will not be able to make-up unexcused absences. A DOCTOR'S note is **required**, in order to be EXCUSED from an illness or injury. School events do not need to be made up (ex: track meet, forensics meet, field trip for BIO, etc.)
- **INJURED?** You can make up your days by exercise and filling out unit worksheets for up to 5 days. If the injury is keeping you out for more than 5 days you will need to fill out the unit worksheet and keep a lesson review for every day you are sitting out.
- 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.
- 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.
- 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 will mostly be fitness, lifting, and skill days.
5. You will be dismissed from class approx. 7 minutes before the bell rings.

Grading:

Participation will be 70% 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 30% will be written tests, skills tests, and Fitness testing. The final is worth 10% of your grade

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. 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: _____