**Coach Briggs**

**Physical Education/**

**Advance Team Sports Class**

**PURPOSE**

The purpose of this course is to develop competence in: (a) physical fitness, (b) body management skills, (c) participation skills, (d) health, (e) social behavior, and (f) strategies for physical activities.

**GOALS**

1. The student will be able to demonstrate competency in many movement forms and several forms of physical activity.

2. The student will apply concepts and principles of human movement to the development of motor skills.

3. The student will analyze the benefits of regular participation in physical activity.

4. The student will achieve and maintain a health-enhancing level of physical fitness.

5. The student will demonstrate responsible personal and social behavior in physical activity.

6. The student will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.

**RULES AND CONSEQUENCES**

All rules set forth in the Shelby County Schools ”Students’ Rights And Responsibilities Code of Student Conduct” will be enforced and any violations of specified Levels II, III, or IV will **always** result in administrative referrals. Additional rules that will be applicable in Physical Education class shall be as follows:

1. Listen and follow directions
2. Participate in all class activities
3. Be on time for class and roll call
4. Be responsible for personal belongings
5. Respect other students’ belongings
6. DO NOT leave class w/o permission. Anyone who leaves class without permission or before the bell rings will be written up and administrator will be contacted.
7. ABSOLUTELY NO SAGGING!!!!!!!!! Any student who is sagging will be IMMEDIATELY SENT TO THE OFFICE.

**CLASS RULES**

7. Respect others

8. Keep hands & feet to yourself

9. Have good personal hygiene

10. Have a positive attitude

11. No Gum, Food or Liquids

12. No spray cans of any kind

13. No breakable products (glass)

**CONSEQUENCES**

**1st Offense** – Verbal warning

**2nd Offense** – Written assignment and/or parent contact.

**3rd Offense** – Referral to the office

**ABSENCES**

The P.E. grade is based on a points system. If a student has an excused absence he/she will be required to submit a written summary of a newspaper or magazine article for each day of absence. The articles are to be on any sport, health or fitness. Students have up to five days to complete and hand in assignments to receive make-up points. **Of course, when an unexcused absence occurs, there is no opportunity for make-up points.**

**TARDIES**

Students are expected to be in classroom and seated by the time the tardy bell has rung. If students are not seated in their assigned desk by this time they will be marked tardy. Each time a student is tardy, it will be documented. Once the student reaches three tardies in nine weeks will result in an automatic administrative office referral.

**CELL PHONE POLICY**

**STUDENTS ARE NOT ALLOWED TO BRING OR USE CELL PHONES IN CLASS. STUDENTS WITH A CELL PHONE OR CELL PHONE GOES OFF IN CLASS WILL RESULT IN AN IMMEDIATE ADMINISTRATIVE REFERRAL.**

**GRADING**

Students can earn up to 20 points for each full school day of the quarter. Student’s grades/points will be based on dressing out, participation and cooperation, written tests and assignments. Students are required to dress out daily. If a student chooses not to dress out, all twenty points will be deducted from his/her daily grade.

**DRESSING OUT:**

Students will be expected to bring their PE attire everyday unless told not too. The shorts must be fingertip or mid-thigh in length. Cut-off shorts, shorts with belt loops and button waist, boxers, spandex, biker, or white shorts are not permitted. Girls may not wear v-neck t-shirts under any circumstances. Shorts must be worn at the waist. The student’s name should be printed on both the shorts and the t-shirt. Sweat pants and jackets are permitted during cold weather. Tennis shoes with laces and socks are also required. Shoes with dark soles that mark the gym floor are not allowed. Each student is expected to dress out daily unless otherwise specified. Sharing of clothes is not permitted. If a student is found to be wearing someone else’s clothes, each student involved will receive zeroes for the day and possible further punishment for multiple offenses. It is required that each student takes his/her clothes home each *day* and brings clean clothes every day Students will not be allowed to wear clothes that have been worn to school for P.E. class**.** P.E. uniforms cannot be worn under school clothes and school clothes cannot be under P.E. uniforms.

\*\*\***DISCIPLINE FOR NOT DRESSING OUT\*\*\***

Students are expected to change their clothes and dress out every single day of class. If a student does not dress out 3 times in any given marking period the parent will be contacted. The 4th and 5th time a student does not dress out in a marking period they will be given a zeros each time. The 6th time and every subsequent time a student does not dress out for that marking period they will be given an “F” for the Quarter. This process will start over every 9 weeks.

**P.E. Fitness Plan/COURSE OUTLINE**

Students are expected to create a fitness plan and record all exercises done inside & outside of class. Students must record the activity or exercise and the how long they participated in the activity and/or exercise. The “**Fitness Plan”** will be checked periodically for a grade. The dates MUST be written on the “**Activities/Exercise** entries to receive full credit. The topics/units they will be writing about in Physical Education class will include but are not limited to the following activities/sports: Physical Fitness, Volleyball, Football, Basketball, Ultimate Frisbee, Soccer, Gatorball, Softball, Kickball, and more.

**HYGIENE**

Health and P.E. can’t be separated; therefore, personal hygiene is emphasized. Students may bring deodorant. A student may want to have more than one set of P.E. clothes.

**DOCTOR’S NOTES**

A doctor’s note is needed to excuse a student from dressing out. However, if the doctor’s note indicates the student can participate on a limited basis they would be required to dress out. If the doctor’s note completely excuses participation the student will be given an alternate assignment (Fitness Plan Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc...). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an “A” in P.E. class. Those with asthma can be active in class but may need an inhaler, and those with inhalers must have a doctor’s note on file in the office.

**TESTING**

All students will be required to take quizzes, tests and/or exams throughout the course of the year.

-------------------------<-Cut Here->---------------------------------**Please sign below indicating that you have read and understand the TMS P.E. Syllabus and will abide by its rules.**

Student’s Printed name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_