**Course Description:**

This is a one-semester course is intended to provide students with an opportunity to participate in lifelong physical fitness related activities. Both rules and strategies will be used in team and individual sports. Students will gain an appreciation for lifelong related activities.

**Rules and Regulations:**

* Students are required to wear appropriate physical education attire. Bathing suit when the class is in the swim unit. Gym cloths when the class is in the weight room.
  + Appropriate gym cloths should be: gym shorts or pants, a shirt that covers the shoulder and stomach, proper shoes. **NO ORANGE** at all. No jewelry, NO sandals and socks!
* Students are given **5 MINUTES** **to dress** for class and meet in the appropriate area for attendance. Failure to do so will result in a tardy, and loss of points. If the student is more than **5 minutes late**, will be marked late, and will lose double the points. If a student is late after **15 minutes**, they will be mark absent and receive no points.
* **NO** food, candy or drinks.
* The student is recommended and should bring a reusable bottle for water. The student will not be able to leave the weight room.
* **NO cell phones, ipods, or electronic devices**. If a student is seen using one of these, it will be a loss of points. The weight room has a radio.
* **NOTES:** if a student is going to be out they must present a note to excuse them for that day. Points will be made up at a later date. **DOCTORS NOTES:** required for any reason past **2 days**. This note must include: date, extent of injury, how long the student will be out, return date, and doctors signature. Points will be made up at a later date. A written assignment may be assigned for the missing points, depending on the length of the injury.

**Grading**:

***Points will be taken off for the following reasons:***

* not dressed (-10) OR not dressed properly (-2 to -4)
* not adhering to the safety rules of the weight room (-2 to -10)
* inappropriate behavior or language (-2 to -10)
* not arriving to class on time
* missing a set during your rotation (-2 to -10)
* using an electronic devices during class (-2 to -10)

**THIS IS A PARTICIPATION BASED CLASS, if you don’t participate, your grade will suffer.**

**Possible Units for Course:**

Basketball/Weightlifting/ Football/ Swimming

Pickleball/ Volleyball/ Soccer/ Softball/ Badminton

**A STUDENT HAS 10 DAYS TO MAKE UP AN ABSENCES, OF ANY TYPE**

**Student’s printed name:**

**Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/ guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/guardian contact # and email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**