

Physical Education Class Expectations

Teacher: Mrs. Ross
2011-2012 School Year

Contact Information:

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Course Objectives:

All students will have the opportunity to participate in a variety of lifetime sports. Students will learn rules and develop motor skills for these activities. The activities that may be covered in this course are: swimming, flag football, basketball, soccer, floor hockey, "Ultimate" frisbee, games and volleyball. Personnel fitness through strength training and aerobic/anaerobic activities will be emphasized. **The swimming unit is a mandatory part of the course and students can't pass the class unless this unit is mastered.**

Locker Room Procedures:

- Enter the locker room on time.
- Students must be in your designated area (weight room or gym) within 5 min of tardy bell.
- Students will have 2 min after the tardy bell rings to get into the locker room, after that you will NOT be allowed in!!
- Do not open locker room doors allowing others to enter.
- Students will be assigned a locker and a partner.
- Do not bring food into class or into the locker room.
- No cameras, I Pods or cell phones allowed at any time.
- ***Lock up all your belongings at all time. Do not walk away from anything at any time.***
- Do not share the lock combination with anyone but the partner.
- The school or teacher is not responsible for your lost or stolen items.
- ***Take all clothes home everyday or every other day is encouraged. This will cut down on the foul odor.***

Physical Education Uniform Requirements:

- For participation in class, students are encouraged to wear either Black or Maroon Shorts and a Grey Warren Mott T-Shirt or any kind .
 - T- Shirt & Shorts maybe purchased through your physical education instructor.
 - You will also be required to wear gym shoes: *Dress shoes, flip flops, slippers, sandals, boots and bare feet will not be allowed in the gym or weight room*
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Grading Procedures:

You will be graded on your daily participation, citizenship, effort and skills/knowledge test. This will be graded on a total point basis. All students will be responsible for both written tests and/or skill tests for each unit.

Point deduction

- Non-participation -8
- Participation and no dress -2
- Disruptive behavior – 8
- Breaking classroom rules or procedures -2

Skip/UNV absence

- First offense -20
- Second offense -35, automatic failure of class

Tests (skills and written):

Students will be given a written test in each unit. These tests may include written rules, formal procedures and motor skills.

Grading Scale: According to district policy

Student ID's:

You must wear your ID in order to enter and leave the class

Individual Help:

Please make arrangements with me

Acknowledgement Sheet
Lifetime Sports

I have read and understand the information as stated in the teacher expectation sheet. I understand that my actions will affect my success and grade this class.

Student Name (Please Print): _____

Student Signature: _____

Parent/Legal Guardian Name (Please Print): _____

Parent/ Legal Guardian Signature: _____

Date: _____

Parent Home Phone #: _____

Parent Cell Phone #: _____

Parent Email: _____

Please list any concerns for the semester including pertinent medical information and learning disabilities which would be helpful to the instructor:
