

COURSE: Physical Education, 1 Semester class, 1/4 credit

INSTRUCTORS; Val Glinka, Kris Gressman

CLASSROOM; Gym

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CONFERENCE TIMES; 11-25 - 12;15, before or after school by appointment

COURSE DESCRIPTION;

Southview High School requires physical education for all freshman and sophomore students. The units in physical education have been divided into the two semesters.

Gym uniforms have been established for both boys and girls. Gym shorts, a t-shirt, and gym shoes are all required. No denim will be permitted. Warm-ups, sweat suits and jackets will be needed for outdoor activities. Students may be exempted from participation only with a physicians' note. If 25% of the days in a semester are missed for any reason, the semester will have to be repeated. When a student fails to dress or participate for a total of ten days, they will be dropped from the class with an F grade and shall repeat the entire semester.

Our objectives are to promote fitness with aerobic activities and training, influence proficiency traits and abilities not dealt with in the classroom, improve posture, develop desirable character traits and establish an interest in lifetime sports for future life patterns.

REQUIRED MATERIALS;

- * Appropriate gym clothing (shorts, gym shoes, t-shirts, sweats, etc.)
- * Gym lock

GRADING;

There are four unit grades, one dressing grade, and one subjective grade that combines participation and attitude throughout the quarter. Some unit grades are based solely on participation and

some unit grades are based on skill and participation.
At the end of the semester, each of the quarter grades are averaged to formulate the final semester grade.

CLASS EXPECTATIONS;

- * Students are expected to be at class everyday and be in the locker room by the time the bell rings.
- * Students are expected to follow all expected classroom rules.
- * Students are expected to dress and participate in classroom activities.

SUGGESTIONS FOR SUCCESS;

Students will succeed in this class by displaying a good attitude in class. It is also very important for students to dress for gym each day. If the student achieves in these two areas, they will be successful in physical education class.

AFFIDAVIT;

I understand the expectations of this class and will follow them.

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Student's Signature

Date

Parent's

Signature

Date