**"Take care of your body. It's the only place you have to live." -Jim Rohn**

**Expectations:**

1. **Locker Room**
   * BE ON TIME
   * 3-5 minutes will be allowed before and after class to change. If you are not in your assigned squad by that time you will be tardy. Points will be taken off for a tardy. Continued tardiness will result in a detention.
   * Make sure your locker is locked, if there is a problem let me know.
   * DO NOT SHARE LOCKERS OR GIVE YOUR COMBINATION TO ANYONE.
   * NO FOOD OR DRINK ALLOWED (exception is water).
2. **Uniforms**
   * You must have your proper uniform shirt and shorts. Anything you wore to school cannot be worn. Exception is a tank top, or if we are outside and weather is cold you may be allowed to wear joggers/sweatshirt over your uniform.
   * Make sure you are wearing proper gym shoes with laces. (you will not be allowed to participate if you do not have the proper shoes. Ex: Boots, sandals, and dress shoes are not allowed)
   * Points will be taken off for each part of the uniform missing, including having cloths worn to school on.
   * No dress: Results in losing half - all points. A no dress is refusing to dress, wearing improper shoes, and/or wearing uniform improperly.
   * Loaners will be available if a student forgets there uniform. First come first serve. A student cannot borrow more than two loaners per week.
3. **Participation**
   * You will get 10 points a day for participation and dressing.
   * A big part of your grade will be based on participation.
   * I do not expect everyone to be experts or to like the same activity.
   * I expect everyone to participate and at least try.
   * Points will be taken off for not participating.
   * An excused absence must be made up within the week to get points.
   * It is your responsibility to get a worksheet from me with the options on how to make up your absence. You must write the day you were absent not the day you do the worksheet.
   * Students will usually do a run or warm-up at the beginning of class. Non participation in this will be points off.
4. **Teamwork**
   * You get points for good sportsmanship.
   * Bullying/name calling will not be allowed in my class.
   * I expect everyone to treat each other with respect.
   * If a student is having trouble at a sport be a team player and help them.
   * Have good sportsmanship
   * Points will be taken off your grade for poor teamwork
   * If you are having a problem in class or with another student notify me immediately.
5. **Consequences**
   * You get a total of 10 points for the day; you can lose points for no dress, not participating, and poor teamwork.
   * Being tardy, losing too many points, disrespect, and not following the rules can result in detention.

**Grading:**

**Daily Grade: 50%** (Participation, dressing, teamwork)

**Skill/ Written Test: 30% (**You will be tested on how to properly demonstrate the skill and knowledge of the sport)

**Homework/Journal 20%** (You will have a article summary due the next day after a test. )

***\*Make sure you make up excused absences. They are part of your daily grade and you can lose a letter grade. There will be a variety of ways to make one up( teachers choice).***

**Extra credit:**

**Each Quarter, find an approved book that has to do with any sport or fitness topic. It can be fiction or non-fiction. Read the book and write a page summary. (Needs to approved by me)**

**\*This can help a low grade.**

My parent/guardian and I have read and understand the rules and what is expected of me this year in P.E. I also understand how my grade will be calculated.

Student Name Print: Period:

Student Signature:

Parent Signature: