

Franklin High School

Physical Fitness Course Syllabus

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This health-promoting class will expose you to a wide variety of team, individual sports, and a lifetime physical fitness activities. Basic fundamental skills, strategies and team concepts will be covered. This class will provide an excellent opportunity for you to start an exercise program, learn or improve in a new sport, boost self-esteem, get in shape, and have fun!

Class Expectations

- 1. Backpacks and Electronic devices are not allowed in this class.**
- 2. Food, drinks and gum are not allowed in the gym.**
3. No one is allowed in the locker room office
4. Treat each other with courtesy and respect.
5. Follow all instructions and safety rules
6. Practice good hygiene by changing your clothing and using deodorant

Grading Criteria

- **Grades** - Are based on a point system that requires students to dress down and participation daily.
- **Dressing down = 40% of your grade** – Students are expected to dress down daily in appropriate attire for physical exertion. Students must wear a **Gray or Maroon T-shirt** with a collar and sleeves. You may purchase a Franklin P.E. t-shirt from the bookkeeper. You must wear athletic shorts, sweat pants or leggings and athletic shoes with a closed heel.
- **Participation = 60% of your grade** – Participation is the primary component of this activity class and all student are required to participate to the best of their ability, **even if you're not dressed down.**
- **Sportsmanship** – Students should display self-discipline, mutual respect, honesty, and acceptance of the outcome.
- **On time** – Be on time to class and line up for the roll in alphabetical order.
- **Loss of Points** – **Anyone changing in the gym before, during or after class will lose half of his or her points for the day.**
- Participation in class on a regular basis is a requirement. However, a student's grade will not be lowered automatically because of participation but failing to make up participation points and non-dresses will lower your grade.
- **Not participating** - Any student that does not participate all period may lose some or all of their points for the day. Students may not participate in any after-school practices/games if not participating in P.E. class that day.
- **Tardiness** = -20% of your grade - Any student that is late for roll must check in with the teacher or you will be marked absent, if you have a note you will be excused.

Final

Anyone not participating or finishing the final will receive a 0 and be dropped a letter grade.

Make-ups – Are only for excused absences and must be done one week after a missed day. All make-ups must be done before finals week. One mile equals one day and two miles equals two days.

Illness or Injury

- A parent or guardian can excuse a student with a written note but you will still need to dress down.
- Illness or injury for more than three (3) days will require a doctor's note and you will be given a physical education learning packet to be completed by the end of the period.
- If your child has any medical problems such as allergies, asthma, etc., please inform me, in writing, as soon as possible.

Locker Room Procedure

- **Please bring your own lock to secure your things.**
- **All half lockers must be cleaned out every period, everyday and night.**
- **Do not leave your clothes or personal items in a UNSECURED LOCKER, gym or in the hallway because your things WILL BE STOLEN!**

Discipline

- Students are expected to allow the teacher to teach and the student to learn. Anyone disrupting or interfering with the learning process will face disciplinary action.
- Intimidation, fighting or threats of violence will not be tolerated and will result in immediate removal from class.

Consequences

- any problems will be dealt with first on an individual basis between the teacher and student.
- If the problem or situation persists, then a referral to the appropriate Administrator will follow.

Physical Fitness Mission Statement

It is to support all students in achieving their very highest educational and personal potential. To inspire in them an enduring love for learning and to prepare them to contribute as citizens in their community.

I have read the physical fitness course syllabus and agree to follow the requirements and expectations as noted. Please sign and return this letter to your P.E. teacher.

If a student, parent/guardian has any questions about this policy, please contact your instructor by email.

Student Name _____ **Period** _____
(Please print)

Parent/GuardianName _____