Central High School
Physical Education Department
Coach Stan Gideon stanley.gideon@saisd.org
Conference: 6th Period

Welcome to Central High School, home of the Bobcats! My goal is to create a positive environment to keep you physically fit and healthy throughout the year. This course has both classroom instruction combined with physical education activity. Students earn grades in both areas. **Please, review the class information carefully.**

Policies and Procedures:

1. Must report and remain in authorized and designated areas only.
2. You must leave your bag, headphones, and phone in the designated areas.
3. Use equipment only as directed and appropriately.
4. Doctor or parent note must be submitted if unable to participate.
5. Report all illnesses/or injuries immediately.
6. Absolutely no food, drinks, or gum allowed.
7. No restrooms will only be available before or after class!

Grading Policy and Guidelines

1. ***Major Grades: worth 60%, 3 grades***
These grades will be made up from testing your knowledge and skills of the unit being taught

2. ***Minor Grades: worth 40%, 10 grades***
These will be based on your participation during each 3-week grading period.
You must PARTICIPATE to receive full credit for each day.

3. ***Semester Exams:*** these will count 1/7 of your semester grade average

Disciplinary Issues
Come talk to me and we will work it out.

Consequences:
1st Offense: verbal warning
2nd Offense: call home and detention
3rd Offense: call home and office referral

***The severity of the offense may lead to more serious consequences/actions taken.**

Team Sports Course Description:

- This course is designed to provide students with a comprehensive understanding of various team sports, focusing on both the physical skills and strategic elements involved in each game.
- This course offers students the opportunity to engage in a variety of team-based activities that promote teamwork, sportsmanship, and overall physical fitness.
- Through active participation and classroom discussions, students will develop their skills, knowledge, and appreciation for a range of team sports.

Weight Training Course Description:

- This course is designed to cater to students of all fitness levels, from beginners to those with prior experience in weightlifting.
- Students will have the opportunity to develop a strong foundation in weightlifting techniques, principles of strength training, and overall fitness management.

List all SPECIAL CONDITIONS that YOUR CHILD SUFFERS from and could affect them during physical activity. Please, explain below, so we can best help your child. EXAMPLE, Asthma (requires inhaler), Outdoor Allergies, etc.

Illness	Explanation
1.	
2.	
3.	
4.	

Your signature below acknowledges that you have read the syllabus. You also agree to abide by the rules and understand that failure to do so will result in the proper punishment. Please have your parents sign the contract as well so they understand what I expect from you. Your parent / guardian signature below also indicates that they have read the contract and understand what is expected of you. Let's have a great year and have fun.

Student Name: _____

Student Signature: _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Current Phone: _____

*RETURN FORM TO COACH GIDEON

_____ Stan Gideon

_____ Principal/Department Head