

# TEAM SPORTS SYLLABUS

## INSTRUCTOR:

**Mr. Armstrong**

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Team Sports is an elective course that students may choose to take to successfully complete graduation requirements. The course consists of outdoor, gym, weight room and other physical education activities.

### Class Rules

Students must follow game rules, put forth a good effort, respect others, follow all directions and take care of the equipment. Participation is mandatory therefore students must be here on time and be prepared with a change of clothes.

### Attendance

Attendance and participation are mandatory students are responsible for material covered when they are absent. They must report to the instructor upon return to class and materials will be given to them.

### Grading

A point system will be used to determine each student's grade for each nine-week marking period. Students will receive 10 points a day for participation, effort, and following directions.

|   |     |
|---|-----|
| Class participation.....                    | 450 |
| <b>Sportsmanship</b> and skills tests ..... | 200 |
| Maximum points possible.....                | 650 |

Standard Illuminate Grading Scale is used.

|                |               |
|----------------|---------------|
| 100-93 is an A | 73-76 is a C  |
| 90-92 is an A- | 70-72 is a C- |
| 87-89 is a B+  | 67-69 is a D+ |
| 83-86 is a B   | 63-66 is a D  |
| 80-82 is a B-  | 60-62 is a D- |
| 77-79 is a C+  | 0-59 is an E  |

Participation –students can earn up to 450 points each nine-week marking period. A no dress constitutes the loss of points (approx. 25 points).

Points will also be deducted when a student chooses **not** to follow class rules or directions.

Skills test will be given at the end of each unit of instruction. Each test will be worth 10-50 points and will be a combination of both written and skill work.

**Sportsmanship** points are given at the beginning of each 9 weeks. A student can lose points by displaying **un-sportsman** like behavior.

### Excuses

Students are not excused from participating from any activities unless excused by a doctor. Students will be given full credit for excused no dresses. Other situations will be addressed on an individual basis.

### No Dress

Students who chose to not dress will lose points toward their grade. Students will **not** be allowed to bring other class work into the P.E. class. Student athletes are **not excused** from the day's lesson on a "game day" and will dress and participate in all classes.

### TARDINESS

Points will be deducted for arriving late or not being prepared and **other activities** may be assigned.

### ARRIVAL & DISMISSAL

Students will be given five minutes prior to the beginning of class to dress. Ten minutes will be given at the end of class to shower and change (15 min. when swimming). Students may not leave the activity area without permission. ***They must stay in the gym prior to the bell.*** Students who choose to leave the gym may result in lose of points and school discipline.

### UNIFORM

GYM: Gym shoes (non-marking soles as designated as indoor shoes) Shoes must be tied so they do not fall off, T-shirt or sweatshirt, shorts or sweats. No sagging gym shorts ( a no dress will be given for that day or an alternative assignment.)

### LOCKERS

Lockers are to be used during the P.E. hour only. It is strongly recommended that students buy a combination lock and use daily. The school will not be placed in the lost or stolen items. Locks that are left on lockers overnight may be removed. All clothing and personal belongings must be stored in a lockers during the class period. Belongs left on the floors and benches will be placed in the lost and found. The floor in the locker room must be kept clean.

### SHOWERS

No running sliding or horseplay, Absolutely **No glass** items in the showers or locker rooms. Showers must be **turned off** when not in use.

### INJURIES

Report all injuries to the instructor immediately and the appropriate action will be taken.

Have a GREAT semester!

Mr Armstrong