Course Syllabus G.I.R.L.S

This one trimester class will focus on promoting a healthy lifestyle in an environment that emphasizes creating a positive self- image and enhances self-confidence through a variety of physical activities and social responsibility. Our goal is for this class to be the start of a continued lifestyle of health and activity– knowledge from this course should be easily implemented into your adult life

**Course Understandings for G.I.R.L.S**

1. **Students will participate in a variety of physical activities**
2. **Students will strive to improve their fitness level and techniques in various activities.**
3. **Students will strive to create and maintain a healthy lifestyle.**
4. **Students will increase their knowledge in areas encompassing girl culture.**
5. **Students will enhance their social responsibility.**
6. **Students will demonstrate teamwork, sportsmanship and good character.**

**Grading Criteria**:

Student’s grades will be a combination daily participation, formative assessments and a summative assessment that will be assigned at the end of the trimester.

A Range= 90% and up C Range= 70% to 79.9%

B Range= 80% to 89.9% D Range= 60% to 69.9%

**Grade Breakdown:**

80% = Daily Participation

10% = Formative Assessments

10% = Summative Assessment (Final project)

**Excused absence makeup policy:**

Make up work is required for missed classes or for not being dressed properly.

**Classroom Policies:**

1. BEING ON TIME:

Students must be in the posted location 5 minutes after the tone to start class.

Please acquire a pass if you know you will be late.

***Tardies affect your grade.***

2. LOCKER ROOM:

-**Food and beverages are not allowed in the locker rooms or field house.**

-Please do not bring glass containers or aerosol sprays into the locker room.

-Large lockers are for the storage of school clothes during class time. Small lockers are for the storage of Physical Education clothes overnight.

-The athletic locker rooms will be locked during school hours.

-We request backpacks be left in school lockers and not brought into the

Physical Education locker rooms.

**I-pods, cell phones and other electronic devices** are the target of thieves. If you value these possessions do not bring them to the locker-room.

3. ATTIRE-

-Tennis shoes must be worn properly and be safe.

-Atheletic pants must be worn at waist level, and long pants must not drag on the floor.

Shorts must be worn at waist level and reach mid-thigh.

Plain colored crew neck t-shirts with sleeves. Logos or messages must reflect CPHS activities. Sweatshirts/pants are acceptable.

-Not being properly dressed for activity will affect your grade. A pattern of not being properly dressed will result in parental and administrative intervention.

-***Jewelry, gum , cell phones and other electronics are not allowed in Physical Education class.***

4. **Injury Procedures**

All written notes from a parent/guardian must be taken to the Nurse before school begins. *Students must have a pass from Health Services. The following guidelines will be used with regard to participating in class.*

**Limited Participation Pass** – Students will dress in their PE uniform and participate in class activities, as they are able.

**No Participation Pass** –

**SHORT TERM** (1-5 class periods) – Students will be engaged in teacher directed activity. (Ex. Scorekeepe or officiating)

**LONG TERM** (6+ class periods) – Grading for the student will be temporarily stopped until the student may be actively engaged in the classroom setting. Grading will resume when the student returns to class or activity. This decision will be based on the severity of the injury and the students’ needs. (ex. Change to a different class, actively engaged in teacher directed activity).

Contact Information:

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or by appointment.