Thomas Edison Charter School South

*9th grade—Fitness for Life/Lifetime Sports Skills*

*Mrs. Broadhurst and Mrs. Smith*

**Course Preview:**  This course is designed to emphasize the importance of lifetime physical fitness and leisure time activities, to understand basic nutrition, to learn the five components of fitness and how to design and create an individualized fitness plan.  This class will also include an emphasis on sports rules and regulations, performance, teamwork, and sportsmanship.

**Class Expectations:**

* Listen quietly while the teacher is talking.
* Respect the equipment
* The whistle means stop immediately.
* Put equipment on the ground when the whistle is blown.
* Follow directions the first time.
* Keep hands off other students.
* Be aware of others at all times.
* Do not interfere with the play of practice of others.
* Always show good sportsmanship.
* Athletic shoes must be worn to class every day.
* Do not use or touch equipment until told to do so.
* Journal in class and written in every day.

**Consequences:**

1. First occurrence: Teacher warning
2. Second occurrence: Teacher warning with consequence for action
3. Third occurrence: Call home

**Policies:**

* Athletic shoes must be worn to class every day!
* Spiral notebook must be in class every day and will be used for reflection and assessment purposes.  Students will leave the notebook in class for the entire semester.
* A parent not must be given to Mrs. Smith if the student cannot participate due to an illness/injury.
* If student cannot run or participate for more than 3 days due to an injury/illness, a doctor’s note is required.
* Students are given the option to change into P.E. attire for class, but this is not required.
* If a student’s clothing restricts them from participating (such as a skirt or dress), please have them bring something else to wear for P.E.

**Absences/Participation:**  Any student with an absence from class will be required to complete an absent sheet at home **within one week of their absence.**Absent students must also complete any missed tests/assignments.  Any student at school who is unable to participate will complete a class worksheet.  If a student chooses not to follow these procedures or any other class expectations or policies, they will lose their participation points for that day, and will not be allowed to make them up.

**Course Grading:**  70% of the student’s grade will be for participation and for wearing proper attire.  The other 30% will be for journal entries, assignments, personal fitness tests, and written tests.  **This course is a participation class, which will require students to be in class, wearing proper attire every day.**