|  |  |
| --- | --- |
|  |  |

|  |  |
| --- | --- |
| **WHAT WILL WE STUDY?**  **6th/7th Grade Physical Education –** Individual Sports, Physical Fitness, Net and Wall, Rhythm/Dance, Outdoor Fitness, and Invasion/Target Activities  **8th Grade Personal Fitness –** FitnessGram, Personal Fitness, Developing Cardiorespiratory Fitness, Flexibility, Lifetime Fitness, Muscular Strength and Endurance Development and the Skeletal/Muscular System. | **GRADING PROCEDURES**  ***Every Grade Counts!***  **Participation** – Workouts of the Day, Game Play, Fitness Testing, and Skill Development **50%**    **Fitness Testing –** Curl-ups, Push-ups, Body Composition, Flexibility and Endurance **40%**    **Calisthenics** – Warm-up Activity **10%** |
| **METHODOLOGY**  A combination of synchronous, and asynchronous learning, discussion boards, presentations, videos, cooperative learning, and problem-based learning will be used in this course.  Grades will be determined by the satisfactory and timely completion of all assignments. The grade of each assignment is based on the prerequisite given for each assignment. Please email the teacher if you have any questions. |
| **EVERYDAY BELONGINGS**   * ***ALL*** necessary materials that are needed for each class session should be brought to class each day. |
| **STUDENT WORK**  Students will be expected to complete asynchronous assignments outside of class time on a regular basis. All students are expected to read class material, think critically and write effectively. Students are expected to use complete sentences, proper grammar and correct spelling in every written performance.  Students will be expected to complete synchronous assignments the day of class (performance based) unless a special request is made (illness, injury, improper dress) where a student will be allowed to complete the following day. Students are expected to use complete sentences, proper grammar and correct spelling in every written performance.  **MATERIALS**  Students will be required to have all ***NEEDED*** materials when logged into class for each asynchronous instruction and must have all ***NEEDED*** materials present for synchronous instruction.  **GROUP ACTIVITIES**  Students will be working in groups within Canvas if an assignment requires them to (Ex. Developing an offensive play). Groups will be given cooperative learning activities to complete. Each student will be expected to be an active member of their group and participation points will be assessed accordingly. Students will always be graded as an individual; however, groups may earn points together that will lead to a reward.  **ABSENCES**  If a student is absent, it is ***HIS/HER*** responsibility to get all late work from the teacher and return by the deadline agreed upon by teacher, parent, and student. |
| **GRADING INFORMATION**  A -100 - 90  B - 80-89  C - 75-79  D - 70-74  F - 69 or below  A grade lower than ***65%*** will receive a phone call or an email notification. A low grade will need grade recovery/retest at the teacher’s discretion.    **PLAGIERISM, CHEATING, and ACADEMIC INTEGRITY**  Plagiarism is the practice of copying words, sentences, images, or ideas for use in written or oral assessments without giving proper credit to the source. Cheating is defined as the giving or receiving of illegal help on anything that has been determined by the teacher to be an individual effort. Both are considered serious offenses and will significantly affect your course grade. Please refer to the Student Code of Conduct booklet for additional information. |

|  |  |
| --- | --- |
| **ABSENT**  **1st** – Inform Teacher  **2nd** – Check the course homepage in Canvas  **3rd** – Check Microsoft Teams  **4th** – Text a friend for the notes/class info  **5th** - Turn in missing work within 2 days for every day absent. | **NEED HELP?**   * Ask your teacher * Check teacher website for apps or websites that offer additional practice * Ask for recovery work if needed |
|  |

|  |  |
| --- | --- |
| **TEACHER INFORMATION**  **Teacher: Coach Lord**  **Email: HorteCh@richmond.k12.ga.us**  **Phone: 706 – 592 - 3987** | **SCHOOL INFORMATION**  **115 Dolphin Way**  **Hephzibah, GA 30815**  **Phone: 706-592-3987** |



|  |  |
| --- | --- |
| **CLASS RULES**   1. Be Respectful of Others. This means to respect your teacher, classmates, school property, all staff, and respect yourself. 2. Be Prepared! Bring ***ALL*** Materials, Stay Focused, and Participate! 3. Do **NOT** use Inappropriate Language. Use words that are both positive and friendly. | **CLASS PROCEDURES**   1. Enter the synchronous/asynchronous sessions in an orderly fashion. 2. Have ***ALL*** necessary materials ready for class. 3. Prepare a quiet place with no distractions for class. 4. Pay attention to the directions and follow the directions that are given. Ask for help if needed. 5. Complete the assigned task for the day. 6. Do not leave synchronous/asynchronous sessions until your teacher dismisses the class. |

***Parents, please read the syllabus with your child. Make sure that your child understands the contents of the syllabus. Please contact the teacher if you have any questions. Please sign and return to your child’s teacher by the end of the first week.***

***I HAVE READ AND UNDERSTAND THE RULES FOR COACH LORD’S PHYSICAL EDUCATION AND PERSONAL FITNESS COURSES.***

**Parent/Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian’s Email Address:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **and/or** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Student Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_