**Grades 6 - 8**

**Coach Garnett**

**Course Syllabus 2025 - 2026**

**Course Description and Objectives**

Our goal is to get students moving and to promote a physically active lifestyle. FitGeorgia will be the program used to assess/monitor each students current status and progress. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

**Textbook**

N/A

**Grading Policy**

Minor Grades = 60% (Quizzes, labs, classwork)

Major Grades = 40% (Unit tests, essays, research papers, project-based assignments, and assessments)

**Academic Grading Scale**

A (90-100) B (80-89) C (75-79) D (70-74) F (below 70)

**Academic Dishonesty**

The Student Code of Conduct, Rule 1(A)(t), states that no student shall cheat, alter records, plagiarize, receive unauthorized assistance, or assist another in any type of academic dishonesty. When the assignment calls for students to produce original work, students will not use Artificial Intelligence (AI) to generate the assignment for them. Students found to have engaged in academic dishonesty will be subject to disciplinary actions as outlined in the Student Code of Conduct. Additionally, the task may be entered as incomplete, and the student is required to redo the assignment or retake the assessment.

**Relearn & Reassess (R&R Procedures)** After any major assessment, students can submit a relearning plan for parent and teacher approval. Students scoring below 70 on a major assessment should be expected to complete a relearning plan unless exempted with parent approval. Teachers have discretion to determine if R&R opportunities will be given for any minor assessment.

**Late Work**

Students are expected to submit work on time. Students are expected to submit work on time. Any late work received after the specified deadline will lose 5 points per day that it is late up to 5 days from the due date.

**Make-up Work**

Students are expected to make-up assignments and assessments missed due to absence from school. Students are responsible for asking teachers for the make-up work upon returning to class. Make-up work should be completed by the student within the time specified by the teacher.

**Homework**

Homework will be assigned as needed. Homework is for practice or preparation for instruction is intended to build skills and understanding. Projects and large assignments needing more work time may be assigned as homework graded upon completion.

**Cell phones**

The use of cell phones, electronic communication devices and/or accessories is prohibited for all students at all times during the instructional day, which is defined as the time the student arrives on campus until the end of the school day and/or the time the student leaves campus.

* **First Offense:** The first offense will result in the electronic device being confiscated, to be picked up by the student or parent at the end of the same school day.
* **Second Offense:** The second offense will result in the electronic device being confiscated, to be picked up by the parent on the Friday following confiscation, at the specific time.
* **Third Offense:** The third offense will result in the electronic device being confiscated, to be picked up by the parent on the Friday following confiscation, at the specific time.
* **Fourth Offense:** The fourth offense and thereafter will result in the electronic device being confiscated for ten (10) school days, and the parent must schedule a conference with an administrator to retrieve the electronic device.
* **Further incidents may result in the student losing the privilege of bringing electronic devices on campus, in-school suspension, out of school suspension, and any other forms of discipline deemed appropriate under the circumstances.**

**Classroom Expectations**

1. Respect everyone’s personal space and belongings.
2. Always be positive and kind when communicating.
3. Be Accepting and respectful to everyone.
4. Be accountable for your actions.
5. Be prepared for class( dress out clothes, paper, pencil, good attitude).
6. Take care of school property(laptops, gym equipment, etc.).

**Gym and Locker Room Behavioral Expectations**

1. Please be Respectful, Safe and Responsible in all areas (gym, locker rooms or outside).
2. Please do not climb on anything (in gym, locker rooms, or outside) or use equipment without

permission from teacher.

1. No food, candy or beverages.
2. All belongings are kept in the locker rooms during class.
3. All student electronics turned off and left in lockers.
4. Use equipment appropriately.
5. Be respectful of peers and adults.

**Locker room:**

1. Students will be assigned a locker to place clothing worn to school.
2. Students must bring a combination lock as a part of their school supplies.
3. Students are responsible for their own property.
4. Do not leave anything in locker room unlocked. Staff is not responsible for unsecured items.

**Daily warm-ups:**

1. Slow jogging to warm up muscles and increase cardiovascular endurance
2. Muscle strengthening exercises and stretches.

**Non-participation:**

1. Parents note for 1-3 days/Doctor note for extended medical excuse.
2. Loss of points for non-participation that is not excused by a physician, parent, or administrator.

**Alternative Assignments for not dressing out (any reason):**

1. Students will be asked to do a walking routine around the gym/field as outlined by teachers.
2. Students can earn points for following these directions even though a loss due to not dressing-

out will occur.

**Gym Clothing Expectations**

1. Appropriate sneakers that tie up securely. (Points will be deducted for slides, crocks, sandals, etc)
2. Basketball shorts, gym shorts, wind pants, and sweatpants free of metal
3. T-shirt, or wind jacket or sweatshirt – all tops need to cover the belly at all times (no

inappropriate words or sayings on clothing). Tank tops are not acceptable.

1. Students are expected to change their clothes and dress out every single day of class. A note will

be placed in agenda for 1st and 2nd offenses.

1. If a student does not dress out 3 times in any given marking period, the parent will be contacted

due to the impact on the grade for this student. This process will start over every grading period.

1. Dressing out/in: Students will be given 10 minutes. Teachers will supervise locker rooms.
2. There is a loss of points when student do not dress out or do not dress out.

**Course Materials**

Students need to bring dress out clothes and a positive attitude to PE. Students will also need a combination lock to secure their personal belongings in the locker room. Coaches will inform students if they need to bring paper, pencil, and/or laptop. Again, points will be deducted for slides, crocks, sandals, etc.

**Please refer to the Student Code of Conduct for further guidance on Richmond County School System’s policies and procedures.**

**My contact information: Email:** garneta@boe.richmond.k12.ga.us

**Pine Hill Middle School Phone Number:** 706-592-3730

**CONTRACT AND ACKNOWLEDGEMENT OF SYLLABUS**

**Please complete sign the form acknowledging that you have read the class syllabus with your child.**

**Student Contract:** I understand that all work should be completed on time. I understand that my teacher may deduct five points per day and communicate this in my Infinite Campus gradebook. I also understand that work turned in after the learning has occurred may not be graded (no more than 5 school days from the due date). I understand that using Artificial Intelligence to complete assignments where I am asked to produce original work will be considered Academic Dishonesty.

**Parent Contract:** I understand that my child is expected to complete assignments on time. I will remain in communication with my child’s teacher and monitor missing and late work as noted in Infinite Campus Parent Portal. If my child continues to submit work late, I understand that a parent-teacher conference will be needed to co-develop a plan of action. I understand that my child should not use Artificial Intelligence to complete assignments where students are asked to produce original

**My signature below indicates that I have thoroughly read the course syllabus provided during the first week of school. This syllabus has important information about course expectations and the grading policy.**

Student’s Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

Parent Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_