Coach Young

Physical Education Syllabus

HELLO,

I AM COACH YOUNG. . I HAVE BEEN AT PINE HILL SINCE THE SCHOOL OPENED. I TEACH PHYSICAL EDUCATION AND HEALTH TO THE 6TH THROUGH 8TH GRADERS. I AM CURRENTLY THE ATHLETIC DIRECTOR, BUSINESS MANAGER AND THE SOFTBALL COACH. I HAVE HAD THE PRIVILEGE OF LEADING THE BOY'S TRACK TEAM TO WIN A CHAMPIONSHIP THE FIRST YEAR THE SCHOOL OPENED AND THE SOFTBALL TEAM. I AM CURRENTLY COACHING THE SOFTBALL TEAM AND HOPING FOR ANOTHER CHAMPIONSHIP TO MAKE IT 8 IN A ROW.

Contact Information

Teacher Webpage access: Teacher webpages are available on the Pine Hill Website. Check the website for important information including homework.

Email Address: Youngda@boe.richmond.k12.ga.us

Conferences: All parent-teacher-student conferences are scheduled through the Guidance Department.

Gym clothing:

- Appropriate sneakers that tie up securely.
- Basketball shorts, gym shorts, wind pants, and sweatpants free of metal
- 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.
- 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. Agenda should be brought to PE every day. 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.
- <u>Dressing out/in:</u> Students will be given 5 minutes. Teachers will supervise locker rooms
- There is a loss of points when student do not dress out or do not dress out in a timely manner.

Locker room:

- Students will be assigned 1 locker to place clothing worn to school.
- One locker will be assigned to each student for the grading period.
- Students must bring a combination lock as a part of their school supplies.
- Students are responsible for their own property.
- Do not leave anything in locker room unlocked. Staff is not responsible for unsecured items.

Reporting to Class:

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- Report to "yellow" hall and line up according to gender. Girls will move first to locker-room area with female coach. Boys will follow after this point.
- All students will be in locker room. Students not dressing out will sit on first bench as directed by coach. When five minute period is over coaches will move class to gym and secure door.
- Students will complete activities assigned for the day.
- Students will return to locker rooms to dress back in and debrief on activity for the day.

Daily warm-ups:

- slow jogging to warm up muscles and increase cardiovascular endurance
- muscle strengthening exercises and stretches

Non-participation:

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

Alternative Assignments for not dressing out (any reason)

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

Gym and Locker rooms Behavioral Expectations:

- Please be Respectful, Safe and Responsible in all areas (gym, locker rooms or outside).
- Please do not climb on anything (in gym, locker rooms, or outside) or use equipment without permission from teacher.
- No glass containers
- No food, gum, candy or beverages
- All belongings are kept in the locker rooms during class.
- All student electronics turned off and left in lockers or locked in coach's office.
- Use equipment appropriately.
- Be respectful of peers and adults.
- Grade:
- Grade is included in the Honor Roll system
- Alternative written work and/or activities will be graded and averaged into the students' final grades.
- Students coming out to the gym, late from the locker room will lose points (we come in together and we leave together...don't hold up the class).
- Every student starts the grading period with the possibility of acquiring a grade of 100. During the course students may gain or lose points.

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Formative Assessments	60%
Summative Assessments	30%
Miscellaneous (homework, alternate assignments, etc.)	10%

Grades will be maintained in Infinite Campus and will be uploaded to portal bi-weekly for parent view. If you have questions, please call or schedule an appointment through the guidance department at 706-592-3730.

CLASS GRADING SCALE AND BREAK DOWN

100-90 - A

89-80 - B

79-75 - C

74-70 - D

BELOW 69 - F

Consequences

First rule infraction – Teacher verbal warning
Second rule infraction – Teacher/Student conference
Third rule infraction – Teacher consequence(s) including silent lunch
Fourth rule infraction – Parent Teacher contact and /or conference/guidance referral
Fifth rule infraction – Referral to administration

Supplies Needed

Basketball shorts, gym shorts, wind pants, or sweatpants free of metal

sneakers that tie up securely

T-shirt, or wind jacket or sweatshirt (Tank tops are not acceptable.)

combination lock

Please read over the Pine Hill Middle School Physical Education/Health Procedures as written with your parent/guardian, sign and date below as indicated, and return bottom portion to your assigned coach.

Date:			
Parent/Guardian Si	ignature:		_
Student Signature:		1000	_
Best Contact Numb	oers:		
(H)	(C)	(W)	
Allergies:			
Medical			
Concerns:			
		-	

