

Name _____

Fall 2014

Mr. Middendorf

9th/10th Grade Physical Education
Course Description

This course is designed for students to maintain a high level of fitness and to obtain extensive knowledge of the rules and fundamentals of each activity, also emphasizing the opportunity for students to participate in coeducation and co-recreation carry over activities. These activities include units in soccer, floor hockey, ping pong, flag football, weight lifting, speedball, table tennis, basketball, broomball, and ultimate volleyball. Students are expected to be prepared to go outside when weather permits.

Course Syllabus & Expectations

Points

****Start with 0 points every day. 1 point is earned for the following:**

- a. Arrive on time.
- b. Dressed in active wear (shorts, athletic pants), tennis shoes, shirts with sleeves.
- c. Be active and participating to the best of your ability.
- d. Respect equipment, facilities, students, self, and teacher.
- e. Complete weight lifting daily journal.

Weight Lifting Journals

*****Students will keep a daily weight lifting journal of workouts using a log sheet provided by the teacher. Students will turn in log sheet at the end of each week.**

Grade Cutoffs

A...95%	C...81%
A-...94%	C-...80%
B+...93%	D+...79%
B...88%	D...74%
B-...87%	D-...71%
C+...86%	F...70%

Date

Student signature

Date

Parent/guardian signature