**Physical Education/Health I Syllabus**

Teacher Name: Coach Raynor Email: raynorm2@gcsnc.com

Course Name: Physical Education/Health I

**Gym Rules:**

1. Be on time for class and be respectful.
2. **No Cell Phones.**
3. Leave all jewelry, book bags, purses, totes, etc. in the locker room.
4. **No food, drinks, candy, or gum in the gym.**
5. Always ask for permission before leaving the gym or instructional area.
6. No sitting in doorways of the gym.
7. Display good sportsmanship.
8. No foul language or horseplay.
9. Wait to handle equipment until directed to do so.
10. ALL Electronics should be put away in lockers in the locker room. Refer to the new SGHS electronics policy for consequences if failed to comply.

**Bathroom and Locker Room Policy:**

The locker room is used for students to safely secure their items. We are NOT responsible for items that are lost, stolen, or left out in the locker room. **All book bags must be put inside locker room at beginning of class.** Locker rooms will be locked at the beginning of class once everyone is dressed out and unlocked at the end of class to undress out of PE attire. All students must use the locker room bathrooms at the beginning of class. The only time someone will be allowed to go to the bathroom during class is if it is an emergency. If so, they must use the downstairs B-Wing bathrooms.

**Required Dress:**

All students are REQUIRED to wear athletic shoes. Athletic shoes mean they are closed toe, have a heal, and have **LACES. This is 40% of your grade.**

**Tardy and Absent Policy**

Students must comply to the school’s tardy and absence policy.

**Grades:**

By Semester By Category

Q1/Q3 – **45%**  Dressing Out – 40%

Q2/Q4 – **45%** Participation – 40%

E1/E2 – **10%** Fitness/Fitness Tests – 20%

* Each student can earn up to 20 points each for dressing out and participation daily.
* Dressing out grade will be based on proper athletic shoes worn daily. All or nothing.
* Participation grade will be based on level of participation, effort, and improvement in an activity, not on athletic ability.
  + Warm-ups are a part of participation grade. Simply “going through the motions” will result in points off participation grade for the day.
* **Health grades will be factored into participation grade.**
* ONLY a signed doctor’s note is accepted as a valid reason for a student not participation. You must still dress out even with a doctor’s note.
* For your fitness grade, they will be performed daily in order to increase fitness test results. Fitness test will be completed quarterly.
* **Any student who is a disruption to class, or not following rules are subject to a “0” for the day.**
  + **Conduct is a part of your grade as well.**

**Conduct and Effort:**

Students should be putting forth their best effort and trying their best each and every day. They will get out of class, what they put into the class. Participation grade will be based on level of participation, effort, and improvement in an activity, not on athletic ability. Free play may be awarded if behavior and conduct reflect the rules and policies.

If you have any questions or concerns, you can contact me via email:

Coach Raynor [raynorm2@gcsnc.com](mailto:raynorm2@gcsnc.com)

Student Name: Student Signature: Parent Name: Parent Signature: