

**Cassville High School**  
**Advanced Physical Education/ Weights**  
**Teacher: Coach Walnofer**

1. Attendance

- Will be taken after students dress out for class and report to gym
- Students will receive a zero for any absence that is NOT school related. The absence can be made up. The grade will remain a zero until this is completed.

2. Tardies

- Students will have three minutes to dress out and report to the gym, if students fail to do this they will be marked tardy.

3. Discipline

- Absolutely NO horse play.
- Respect yourself, respect your teacher, and respect others.
- Be on time!
  - If these expectations are not met you will first get a warning.
  - The second time you will make up every minute that you missed with a physical activity.
  - The third time will be an office referral.

4. Academic Areas

- The overview of Advanced P.E./Weights is to keep students active while teaching them the proper technique and safety to use in the weight room. Proper diet will also be introduced.
- There will be a pre-test and post-test each semester. During the semester, there will be progress monitors.
- Students can earn 4 points a day. These points will include participation, dressing out, effort, and conduct in the weight room/gym.
  - 90%-- Participation and dressing out
  - 10%-- Final Exam

95-100	A	73-76	C
90-94	A-	70-72	C-
87-89	B+	67-69	D+
83-86	B	63-66	D
80-82	B-	60-62	D-
77-79	C+	0-59	F

## 5. Dress and Participation Policy

- All students will dress out for every scheduled class period during the school year.
- Students without proper clothing for class will still participate. The student will still receive the participation points, but not for dressing out.
- If a student refuses to dress out it will be an automatic office referral.
- Excuse from dress and limited to no participation will be allowed only by a written excuse from a physician. This note needs to state why the student is unable to participate. Parent's notes are discouraged. Communication is expected.
- Students who provide parent notes will still be required to dress out and give best possible effort.
- Students who have a doctor's excuse will be sent to the library to do an assignment in order to receive credit for that class period.

## 6. Proper Clothing

- Must be in compliance with the school dress code.
  - T-shirt
  - Shorts
  - Sweats and Sweatshirts
  - No cut off shirts or tank tops!
  - No tights!

## 7. Locker Room Rules

- No glass containers
- No students allowed in the locker room after class begins
- Lock up all valuables. Do not bring valuables with you to class if possible. The instructor or school is not responsible for possessions. LOCK UP YOUR STUFF.
- NO FOOD in the locker room!
- NO CELL PHONES! Cell phones will be kept in your school locker, not locker room one. Cell phones do not even go in the locker room.

**“The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.”**