

**Cassville High School
Girl's Physical Education
9-12**

Syllabus and Classroom Management Plan

Objectives:

- 1. Develop skills in a variety of team sports.**
- 2. Learn to apply the various rules of the sports covered.**
- 3. Demonstrate sportsmanship and safe play.**
- 4. Develop an appreciation of various team sports that can be used throughout life for fun and fitness purposes.**
- 5. Enjoy learning and participating in different team sports.**

Course Outline:

- | | |
|----------------------------|-----------------------|
| 1. Volleyball | 9. Hockey |
| 2. Ultimate Frisbee | 10. Ping-Pong |
| 3. Flag Football | 11. Lacrosse |
| 4. Wiffle ball | 12. Pickleball |
| 5. Badminton | 13. Arena ball |
| 6. Speedball | 14. Golf |
| 7. Basketball | 15. Soccer |
| 8. Softball | |

I. Grades

- A. Your grade will be based upon your PARTICIPATION, written tests & skills' challenges.**
 - B. Your grade will be determined by awarding 4 points a day that you participate or 20 points a week. Participation, dressing out, conduct or attitude, and effort will be 50% of your total grade, skills challenges 30% & written tests 20%.**
 - C. The grading scale will be the standard 90-80-70-60-%**
 - D. Points will be deducted from your total on the following basis:**
 - 1. Not dressing out- 1st time- 5%; 2nd time- 10%; 3rd time- 20%; 4th time- 30%; 5th time 40%**
- A. If a student does not dress or forgets clothes the student has**
 - 1st Quarter- 25 push ups**
 - 2nd Quarter- 50 push ups**
 - 3rd Quarter- 75 push ups**
 - 4th Quarter- 100 push ups**

These will be done right away during PE and you will make up for what you have missed during class.

2. Tardy 1% deduction each.

II. Class Rules

- A. Absolutely no horseplay**
- B. No food or drink in the gym**
- C. Always have proper attire for physical education**
- D. Show respect to EVERYONE!**
- E. Do RIGHT! You want to be treated like an adult. I will as long as you act like one.**
- F. Be Positive!**

III. Consequences

- A. Verbal Warning**
- B. Wildcat Reminder**
- C. Wildcat Reminder X a lot**
- D. Discipline Referral**

IV. Excuses

- A. You will not be penalized if you are excused for a school activity.**
- B. If unable to participate, bring a note from the doctor.**
- C. There are no other excuses.**

V. Dress

- B. T shirt (waist length; sleeves; hem; clean; no holes or rip)**
- C. Athletic shorts (no cut offs)**
- D. Clean socks**
- E. Shoes- must be free of foreign matter-especially soles, shoes must be designed**
- F. No jewelry of any kind.**

VI. Class Procedure

- A. Tardy if you are not in gym when the tardy bell stops ringing**
- B. All students will stay off of the center of the gym floor while in their street clothes.**

C. All students will stay off of the center of the gym floor while in their street clothes.

VII. Locker Room

- A. You will be issued a lock and assigned a locker. Do not tell your combination to anyone!**
- B. Do not bring valuables to class, we can't be responsible for your possessions.**
- C. No glass containers.**
- D. No horseplay in the shower and locker area.**
- E. No foul language**
- F. Please flush toilets and turn the showers off when finished with that area.**
- G. Cell Phones will NOT be allowed in the locker rooms. Keep them in your bag at all times.**

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

-Coach Walnofer