



Welcome to Cosby High School PE class.

Mrs. Darnell

Office Location: in gym area across from bathrooms

Rules:

- School System cell phone policy applies
- Be Respectful and Responsible
- Take care of all PE equipment
- No Food or Drink in Gym except water

Lockers

You can use lockers to leave shoes, etc. and are strongly encouraged to lock your belongings. Dressing locations are in dressing rooms or in bathrooms.

Be Prepared

You will need tennis shoes and are required to dress out to participate each day.

Grading

Students grades will be calculated from dressing and participation.

Students will receive 20 points per day for dressing and participating. Points will be deducted for inappropriate shoes, not changing into workout clothes, disrespectful behaviors, or unexcused absences.

Dressed and Participate entire class =20

Inappropriate Shoes=0

Correct Shoes, No Workout Clothes, Participate entire class=10

Unexcused Absence or ISS= 0

Disrespectful/Behavior Issue=0

Excused Absence= A Dr statement must be submitted for credit points

Tardy

Students must be in their assigned spot before the tardy bell. 3 tardies will equal 1 absence and 3 absences will require you to take the final exam.

10 Tardies to school will result in school administration holding your cell phone for the day.

This class will be divided into units. The units will be approximately 2 weeks each. The units will be physical fitness, badminton, basketball, flag football, soccer, kickball, wiffleball, and touckball. Other activities include spikeball, volleyball, corn hole, weight training etc. Each unit will have a set of season games followed by a tournament.