**Teacher: Jordan Glessner**

**E-Mail: jordan\_glessner@mail.cl.k12.md.us**

**Planning Period: 2**

**Course Description:**

This course is a graduation requirement for every student. The course introduces and emphasizes individual and team sports skills, strategies and concepts. There is a focus in personal conditioning and overall improvements in physical fitness.

**Objectives of the class:**

1. Promote and teach life long fitness
2. Improve cardiorespiratory endurance, muscular endurance, muscular strength, flexibility and body composition
3. Learn and improve various biomechanical movements through drills and game play
4. Develop an understanding of the importance of teamwork and communication during sports and every day life
5. Introduce and expose students to a variety of skills and activities

**Attire:**

1. White T-shirt, Black athletic shorts (appropriate in length), socks, tennis shoes. Sweat pants and sweat shirts are acceptable.
2. You must change your clothes from the clothes you wore to school.
3. Uniforms can be purchased for $25.

**Expectations:**

1. Report to locker room before class begins
2. After dismissed from locker rooms, report to gym and sit in assigned squad line.
3. Change for class every day.
4. Use equipment for its proper use and in a safe manner.
5. Demonstrate sportsmanship 100% of the time.
6. Maintain a positive and encouraging attitude daily.
7. In case of absence- Student must ask for make up packet, complete and turn the packet in within two days of returning to receive 6/10 daily points missed from absence.
8. Students are allowed to bring in 3 parent excuse notes per semester. Signed with a phone number
9. If a student does not participate they will have written work to complete by the end of class and turn in to get 6/10 daily points, this includes students excused for medical reasons.
10. Even if not dressed students are still expected to participate if they have acceptable shoes.
11. NO CELL PHONES
12. Students will not be allowed to leave class to use the restroom, they must use the restroom when they are in the locker room at the beginning and end of each class unless it is an emergency situation.

**Grading Policy:**

20% Weekly- 10 Points Daily

5- (2-Dress, 1- On time, 2- Sportsmanship)

5- (1-Warm-Up, 2 Cardio, 2- Activity)

25% Tests/Quizzes- Skills, Entrance & Exit slips, Unit Tests, written assessments

20% Participation

20% Fitness- FitnessGram, Heart Rate sheets, Cardio Drills

15% Final- Portfolio, FitnessGram, Cardio Final

\*Call home if grade drops to a C or below

Thank you and I am looking forward to the 2012-2013 school year,

Jordan Glessner

[Jordan\_glessner@mail.cl.k12.md.us](mailto:Jordan_glessner@mail.cl.k12.md.us)

Sign and Return form to Miss Glessner indicating you have read and understood all policies and procedures

Miss Glessner

Period 1- PE I

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(Print Student Name) (Student Signature and Date)

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(Print Parent/Guardian Name) (Parent/Guardian Signature and Date)

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(Parent/Guardian E-mail) (Parent/Guardian Phone Number)