**Teacher: Jordan Glessner**

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

**Planning Period: 2**

**Course Description:**

Elective physical education class. Pre-requisite PE I- 600. This course focuses on team sports and concepts as well as individual fitness and wellness. The skills are advanced and the activities are focused around strategy and game play.

**Objectives of the class:**

1. Practice life long fitness
2. Improve cardiorespiratory endurance, muscular endurance, muscular strength, flexibility and body composition
3. Emphasize the importance of teamwork and communication during sports and every day life
4. Improve students skill and strategic approach during team sports

**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 bell rings
2. When dismissed from locker room report to gymnasium 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 2 days of returning to receive 3/5 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 dress they will have written work to complete by the end of class and turn in to get 2/5 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 locker room at the beginning and end of each class unless it is an emergency situation.
13. Students will need to sign out whenever they leave the gym. This will take the place of their pass book, during PE. If a student fails to sign out they will be assigned a lunch detention.

**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

20% Participation

20% Fitness- FitnessGram, Heart Rate, Cardio Drills

15% Final- Portfolio, FitnessGram, Cardio Final

\*Call home if grade drops to 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 4- PE II

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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)