

Timberview Physical Education

Phone #: 817-299-2600

Instructors: Coach Blackwell – blaccr@mansfieldisd.org
Coach Gregory - gregtr@mansfieldisd.org
Coach Henke - henkad@mansfieldisd.org
Coach Young - younja@mansfieldisd.org

Course Description:

The basic purpose of this class is to motivate students to strive for a lifetime of personal fitness. Students will be encouraged to take responsibility for their own health and fitness, now and in the future. Students will learn skills and knowledge of a variety of team and/or individual sports, as well as fitness related concepts. Students are expected to learn and use good sportsmanship and to cooperate with others. Students will strive to improve coordination, strength, flexibility, cardiovascular endurance, and agility.

Course Policies:

Students may wear any clothing as long as it is deemed appropriate by the students' handbook dress code policies. There will not be a specific PE uniform. The only thing that will be required is athletic shoes, closed toe that can be worn on the basketball court. No flip-flops, slippers, sandals, heels, boots, etc. A student ID will also be required during attendance before each class. If student wishes to use a locker in the locker-room, the student will have to provide their own lock. It is suggested that jewelry be removed prior to activity to prevent injury.

Again, students are not required to wear a PE uniform, but are required to participate. Failure to participate will lead to disciplinary action and failing grades.

Attendance is a must in PE. PE is a participation class. You must be here to participate. Students are responsible for making up for work missed when absent from class. Unexcused absences can only be made up for 70%.

If a student gets placed in AC, that student will be required to write a one page report over Fitness or Physical Education for each day they are in AC. If a student is ill and cannot participate, a parent's note will be accepted for 3 consecutive days. The note must be signed, dated, and include, an explanation of this illness or injury. It also must include a daytime phone number. The student will be required to write a one page report over a topic related to physical education or fitness to earn their grade for the day. After 3 days, a doctor's note must be provided. Students' who have a doctor's note and cannot participate for an extended period of time will work out the Foundations of Physical Education textbook to earn their grade.

Students must be in the gym before the tardy bell rings. The school tardy policy will apply. If a student wishes to dress out for PE, they will wait until after the tardy bell to do so.

Grading:

Participation: 80%

Fitness/Skills Test: 20%

Final Exam: 20% of Final Grade

Lockers:

Each student that wishes to use a locker, will be responsible for purchasing their own lock. Timberview High School is not responsible for theft, loss, or damage of any student's personal belongings. Please encourage your child to be responsible for their possessions.

Expectations:

- Fighting, taunting, put-downs, name calling, profanity, and disrespect will not be tolerated.
- Skipping class, leaving class without permission or before the bell rings will not be tolerated
- No candy, food, or drinks will be allowed in the gym area.
- Student Handbook policies will be enforced
- ALL PE CLASSES ARE SUBJECT TO CHANGE AND ACTIVITIES MAY VARY ACCORDING TO THE

AVAILABILITY OF GYM SPACE, EQUIPMENT, INCLEMENT
WEATHER, AND/OR THE DISCRETION OF THE INSTRUCTOR.

Signing and returning this page to your instructor will be the first grade for
the 1st 6 weeks.

Student Signature _____

Parent/Guardian Signate _____