

Franklin Academy

Course PE/Health
Instructor Coach Armstrong
School Year 2013/2014
Meetings 7:45am or 3:45 pm
Web Page faphysicaleducation.weebly.com

Instructor's Contact Information

Office Phone	(919) 453-5090 Ext. 142
Email Address	Armstrongm@franklinacademy.org
Planning period	5 th period
Other Information	Emails will be checked between 7am and 7pm and grades will be posted weekly.
Syllabus Changes	Instructors reserve the right to make changes to the syllabus as needed, and you are responsible for keeping up with those changes. Please log on regularly to <i>RenWeb</i> to get the most current information.

Course Description

This course exposes students to a combination of health and physical education. The two courses will complement each other, as the objectives will reflect. Students will experience a sequential educational program that will involve learning a variety of skills, which enhance a person's quality of life.

Teacher Qualifications: B.A (Recreation and Leisure Studies) East Carolina University
M.A (Physical Education) Pembroke University
NC Teachers license in Physical Education
Franklin Academy Girls and Boys Golf Coach

Required Attire and supplies:

1. PE uniform (solid navy blue shorts, gray Franklin Academy PE shirt and proper athletic shoes)
2. IPAD
3. Health Notebook

You may purchase shorts/PE shirts from Coach Armstrong throughout the school year

Shirt Cost: \$7.50

Short Cost: \$7.50

Extra Long shorts Cost: \$9.00

60% Physical Education

Gym Rules:

1. Students must be on the gym floor (not in the mezzanine), before the tardy bell rings. Failure to comply will result in a tardy.
2. Students will be given 5 minutes to change clothes and be seated in their designated area at the beginning of class.
3. All large jewelry, watches, hoop and large earrings, and bracelets should be removed before exiting the locker room.
4. Students are not allowed in Coach Armstrong's office, equipment room, locker rooms, mezzanine, weight room, or hallways without permission.
5. No spray on products is allowed in the gym/locker room. Only roll-on or stick deodorant.
6. Report any injuries **to the teacher immediately**.
7. NO gum, candy, food or drinks are allowed in the gym.

Grading: Students will start out each quarter with a 100 average for physical education. A loss of points will be deducted for the following actions:

5 points –

- Not dressing out
- Unexcused Absence

- ❖ Students may complete one current events assignment per grading period to make up for the 5 points lost for not dressing out or for an unexcused absence. The link to the assignment is listed on the class webpage. Assignments should be emailed to Mr. Armstrong when completed.

1 point per offense –

- Not seated in designated area 5 minutes after the tardy bell
- Not giving maximum effort during any class activities
- Unsafe play
- Not following class instructions

- ❖ Students cannot complete a current events assignment to make up 1-point violations.

Valuables

*The school or the teacher is not responsible for any stolen or lost items.

Students may be excused from participation in PE under the following circumstances:

1. Parent written note for up to 2 days.
2. Doctor's note due to injury or illness.

30% Health

Students will receive several grades throughout each designated Health week, which might include, but are not limited to: classwork, tests, projects, and homework.

10% Weekly Fitness Test

Students will participate in a weekly fitness test. A grade will be given for each weekly test. Grades will be based on effort and turning in their results.

Mid-Term and Final Exam: Based on school policy each will count as %25 of the mid-term grade. They will include the following:

- PE Written Test
- Fitness Test
- Health Written Test

Each test will count as a 1/3 of their midterm grade and will be averaged together equally.

Franklin Academy Classroom Expectations

1. Be prepared for class.
2. Be dress code compliant.
3. Follow directions the first time.
4. Be courteous to teacher and classmates.
5. Keep hands, feet and other objects to yourself.
6. Raise your hand for permission to speak or leave your desk.

1st infraction - warning (document)

2nd infraction - contact with parents (document)

3rd infraction - contact with parents & contact with administration (document)

PE/Health

Instructor: Mr. Armstrong
Email – Armstrongm@franklinacademy.org
Phone – 919-453-5090 Ext. 142

***Medical Conditions**

Please list below any special considerations – medical and/or physical – that might hinder participation in the physical education part of this class, also please provide me with anything that would help facilitate their success. I would be glad to set a time for us to meet if you would like to discuss further.

Please sign below and return to Mr. Armstrong after you have read and understand all of the above rules and guidelines.

Date: _____

Parent /Guardian Name (Please Print) _____

Parent/Guardian Signature: _____

Student Name (Please Print) _____

Student Signature _____

PE/Health Important Info

❖ Parents may keep this page for reference throughout the year!

- **Class Web Page** - <http://faphysicaleducation.weebly.com>

For the first time this year we have created a Franklin Academy Physical Education page. This is going to be used for posting important documents such as the PE/Health schedule, syllabus, pacing guide, course standards, and also special accomplishments of students throughout the school year. I hope you find this site helpful! My contact info is also posted on the site so please feel free to contact me with any questions.

- **Edmodo** – www.edmodo.com

Edmodo is a site that will be used on a regular basis throughout the school year. I plan on using this site for posting announcements and for students to turn in assignments. Each student will log on to this site and join our class group by entering the group code for their particular class. I will take them through this process during the first week. Parents can also receive a different code to join the group. If you would like to keep up with what assignments are being assigned and important announcements please send me an email requesting your parent code. Again, please contact me with any questions regarding this site.