

Lifetime Sports

Instructors: Coach Armstrong/Coach Wyman

Couse Website: <http://faphysicaleducation.weebly.com>

School Year: 2013/2014

Meetings: 7:45am or 3:45pm

Instructor's Contact Information

Office Phone	Armstrong -(919) 453-5090 Ext. 142 Wyman - (919) 453-5090 Ext. 217
Email Address	Armstrongm@franklinacademy.org Wymank@franklinacademy.org
Planning period	Armstrong - 5 th Period Wyman - 2 nd and 7 th Periods
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 in regularly to class webpage to get the most current information.

Teacher Qualifications:

Coach Armstrong

B.A (Recreation and Leisure Studies) East Carolina University

M. A (Physical Education) Pembroke University

NC Teachers license in Physical Education

Franklin Academy Golf Coach

Coach Wyman

B.A From University of Western Ontario

Kineiosolgy/History

NC State Teachers License HQ in Physical Education

NASM(National Academy of Sports Medicine) CPT (Trainer Certified)

Crossfit Level 1 Certified Trainer and Crossfit KIDS Certified Trainer

Course Description: This course will focus on the development of basic sports skills, learning of rules, and understanding the benefits that are received from participating in sports.

Required Attire and supplies:

Navy blue shorts, Franklin Academy shirt, and proper athletic shoes.

You may purchase shorts and shirts from me throughout the semester

Shirt Cost: \$7.50

Short Cost: \$7.50

Extra Long shorts Cost: \$9.00

Grading Scale:

90% Participation

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.

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.

10% Written Test

Students will take written test throughout the semester on the different sport skills and information.

Final Exam (%25 of semester grade): Students will complete a written test on the sports covered throughout the semester and also complete a fitness test.

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. Excused Absence from school
2. Parent written note for up to 2 days
3. Doctor's note due to injury or illness

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)

Lifetime Sports

Instructors: Coach Armstrong/Coach Wyman

*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 _____