

DHS PHYSICAL EDUCATION SYLLASBUS
PE-S
SECOND SEMESTER
INSTRUCTOR: JIM RAYMOND

1. COURSE DESCRIPTION AND REQUIREMENTS

The Sport Specific Physical Education Class at Dorman is for athletes to prepare for their upcoming season or in-season training. You must currently be on a Dorman Athletic roster or have completed the following season in your specific sport.

2. ACTIVITIES

Students will be actively involved in weight lifting, conditioning, and agility drills to improve their performance in their respective sport.

3. MATERIALS NEEDED

Students will need tennis shoes, shorts, t-shirts, and socks everyday.

*****STUDENTS DRESS OUT CLOTHES MUST COMPLY WITH SCHOOL DRESS POLICY**

4. GRADING POLICY

20 points per day

5 points = Dress out (t-shirt, shorts or sweat pants, sneakers)

5 points = Warm up (stretch and jog)

5 points = Weight training

5 points = Conditioning & Agility Drills

Written and skills test on each activity (20%)

5. FAILURE TO DRESS OUT

1ST Time – Parental Contact & 20 points off weekly grade

2ND Time – Parental Contact, Before school detention & 20 points off weekly grade

3RD Time and each time thereafter – REFERRAL to office & 20 points off weekly grade

**** Students unable to physically participate must have a note from home.****

**** Doctors note for extended illness or injuries.****

6. CLASSROOM RULES AND PROCEDURES

1. Follow all school rules
2. Arrive to class prior to the tardy bell.
3. When dressing out, report to designated seat.
4. Only have 7 min to dress for class. (locker room will be locked)
5. After student has left locker room, restroom is closed.
6. Dress out rain or shine, unless instructed otherwise.
7. Don't handle equipment until instructions have been given.
8. No cell phones, ipods, or other electrical devises.
9. No food, drinks, gum or candy in the gym.
10. Get permission before leaving assigned area.
11. Valuables should be left at home. **Lock all other property in locker.**
12. Lockers and locks will be provided.
13. Lost locks will result in a \$5.00 charge.
14. Any questions refer to rule #1

7. CONSEQUENCES

1ST Offense – Warning

2ND Offense – Teacher Conference with student

3RD Offense – Office referral and/or parent contact

** Extreme disruptions will result in immediate office referral and/or ISS. **

8. COMMUNICATIONS

Feel free to contact me if you have questions or concerns call 582-4347 ext 1192 or email Raymondjc@spart6.org . If there are any Health issues that need to be address write, call or emails those to me.

Sincerely

Coach Raymond

Student signature _____ Date _____

Parent signature _____ Date _____