**LIFETIME SPORTS**

Gainesville High School Physical Education Department 2011-2012

**Course:**

Lifetime Sports

Fall 2011

1st Quarter

Coach Jeremy Kemp

**Contact Information:**

Coach Jeremy Kemp

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Available from 7:30 – 8:25 am

<http://coachkemp.weebly.com>

**Course Outline:**

Lifetime sports is an elective class that last nine weeks. This class will be covering important areas such as: learning skills, fundamentals, rules, and the history of many different sports including but not limited to tennis, badminton, bowling, flag football, volleyball, indoor/outdoor soccer, lacrosse, basketball, and softball/baseball. In learning the skills and rules to these sports, student can better identify with each sport. Also, these skills, fundamentals, and rules will improve each student’s knowledge and understanding of the sport that will aid them in leading a healthy lifestyle.

**Standards:**

**PEHS.1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**PEHS.2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**PEHS.3:** Participates regularly in physical activity.

**PEHE.5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**PEHS.6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Dress Code:**

Students are required to dress out everyday. Students may wear shorts, sweat pants, t-shirts and tennis shoes of an appropriate style. No spandex shorts, hats, wave caps, bandanas, platform shoes, sandals or flip-flops are allowed.

**Rules/Procedures**

1. Be on time to class every day
2. Respect fellow classmates
3. Follow gym safety rules
4. Develop a good work ethic and get better every day!

**Behavior/Consequences:**

Student behavior in Physical Education class is an important issue. Safety is our 1st priority. As a result, it is essential that every student adhere to gym/weight room rules and regulations at all times. Consequences for noncompliant behavior may include but not be limited to the following: Verbal Warning, conditioning, absence from activities (sitting out), & referrals.

**Attendance/Tardy Police**

Please see the GHS student Handbook for details regarding this policy. Please refer any questions to your Academy Principal.

**Grading Policy:**

Students will be graded in alliance with the GHS Student Handbook.

45% Daily/Homework

35% Test

20% Exam

**Miscellaneous:**

No Cell phones will be allowed in class. Student may use a cell phone before or after school and their respective lunches. Cell phones taken up may be retrieved in the front office by a parent or guardian. Also, no IPODS will be allowed during class. ID badges must be worn when entering and exiting class.

**Make Up Policy:**

Students will have 2 days to make up assignments for every day missed. Special circumstances may warrant teacher discretion for allowing different arrangements.

**Emergency Procedures:**

Evacuation procedures: See instructions posted in classroom

First Aid Kit: See instructor and/or school nurse

**I HAVE READ AND UNDERSTAND THE TEAM SPORTS RULES AND POLICIES.**

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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