**PE 12 – LIFETIME SPORTS WITH FITNESS**

Course Description – Seniors will engage in individual and team lifetime activities. The class is designed to allow seniors to continue to work on lifetime skills and activities in a ***competitive atmosphere***. A ***highly competitive spirit is essential***. Possible activities could include: softball, flag football, soccer, volleyball, pickleball/badminton, golf, tennis, archery, and weights/fitness.

Expectations:

1. Respect instructor, classmates, and equipment at all times.
2. Use Appropriate Language
3. Have a competitive mentality
4. Use good sportsmanship towards classmates
5. Be Positive - No whining or complaining
6. Be on Time!!!
7. Always follow the safety rules for each unit (Avoid injuries)!

Uniforms:

1. **CHANGE YOUR CLOTHES!!!**
2. T-shirt and shorts with appropriate logos/writing
3. Shorts must be appropriate length
4. Shoes – must have tennis/running shoes that are laced and tied.

Lack of Uniform:

1. You will **NOT** participate if you do not change for class
2. You will receive a **0%** for participation
3. 3 no dresses in a quarter will result in a 0% for the quarter grade and study hall placement.

Tardiness/Leaving Early:

1. The gym is NOT a hallway; come in and exit the correct doors
2. Be in the locker room when the tone sounds to start class
3. **Be in your role call lines 5 mins after the tone sounds** OR you will lose points

Health/Medical Excuses:

1. Health Excuses from parents/guardians are good for 1 day.
2. Must have a doctor’s excuse if you will miss more than 2 days.
3. Long term medical – Missing 50% or more of a grading quarter will result in an “M” for your grade. It will not affect your GPA, but you will not receive credit.

Cell Phones:

1. **Cell phones are NOT to be used during PE!**
2. **Do NOT bring them to class!**
3. They may not be out in the locker room – State Law

Grading:

1. Daily Participation: 10 points per day
   1. 10pts = participating competitively, Appropriate Language, playing by the rules, putting equipment away, Respect
   2. 5pts = Participating with some effort, not following tourney rules or format, inappropriate language and/or disrespectful.
   3. 0pts = Class Conduct (with teacher, classmates, tardy, language, etc), lacks participation, doesn’t change
2. WE WILL BE DOING FITNESS TESTING!!!!!
3. All book/packet information sheets, calendars for daily activities, and in-depth expectations/rules can be found at the following website. We will no longer be giving out booklets.

[www.mhsphyed.weebly.com](http://www.mhsphyed.weebly.com)