

COACH LOVE AND MRS NORDYKE HEALTH/PHYSICAL EDUCATION



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I. CONTENT

This semester we will push you to try new activities that you might not have tried before. We could cover some of these activities such as soccer, basketball, wiffle ball, hockey, lacrosse, single and double dutch, yoga, Tae Bo to name a few.

Once a week we will cover health education. Wednesday is our fitness / health day. We will talk about stress, nutrition, body image, and peer pressures.

II. EXPECTATIONS

Everyday you must enter the gym with a positive attitude, and obey the following rules:

1. Wear Sneakers (no sandals, flip flops, or boots)
2. No Candy in Class
3. Participate in stretching and activities
4. Have RESPECT for others and their belongings

III. CLASSROOM RULES AND PROCEDURES

1. In squad spot once the music turns off
2. Listen for the whistle or music to stop
3. Eyes on Coach Love and/or Mrs Nordyke for instructions
4. Voices silenced and ready for instructions
5. At all times your hands and feet are to yourself
6. Respect others belongings
7. No one is allowed to leave the gym or enter the locker room without prior consent.
8. Must have proper clothes to participate in Physical Education each and everyday.

IV. GRADING

Each day you are allotted 20 points, it is your job to keep them. (ways to lose points)

No shoes or proper attire

Not stretching

Not participating in activity

If you forget your health folder on Wednesdays

V. DISCIPLINCE

Disrupting class, behavior issues, disrespecting me or your classmates, and leaving class without permission will not be tolerated, and the appropriate actions will be taken.

Order of action

1. Verbal warning
2. Conference with student
3. Call home to parent
4. Office referral.

I _____, will follow the rules each in
Physical Education class.