***Sport for Life***

*Mr. Willingham & Mr. Strunk*

*Contact:* [*seth\_willingham@hcpss.org*](mailto:seth_willingham@hcpss.org) *or bruce\_strunk@hcpss.org*

*School Number: (410)313-2867*

**Course Description**

This course will provide students with the knowledge, confidence, and skills to enjoy participation in team, dual, individual, and lifetime activities. Students will learn through quality participation and social interaction. Instruction is provided to students at all levels of skill. Individual schools will select the activities that meet the needs of their student populations. Students may take this course more than once.

**PRIDE Pact**

Every class will participate in creating a PRIDE Pact outlining the agreed classroom expectations and behaviors. Students and teachers will sign the PRIDE Pact to signify ownership in their classroom community.

**Course Expectations**

**Attendance**

You cannot learn the material if you are not in class. If you are absent from class, it is your responsibility to make-up any missed material on your own time – **not during class time**. Excessive absences can cause denial of credit whether the absences are excused or unexcused.

**Lateness**

Lateness to class is unacceptable. You are to be in the locker room before the late bell. The Howard High School lateness policy will be enforced. See your student handbook for this policy. If you are late, please have a pass in your agenda book when arriving to class.

**Participation**

Daily participation is not an option. If you are unable to participate due to an injury or illness a **DOCTOR’S NOTE (not a note from a parent/guardian)** must be presented at the time of class. It will be unacceptable to sit out of class and bring a note the following day except in cases of emergency. Please let me know if you have any pre-existing injuries or medical conditions, so I can adapt lessons for you.

**Dress Policy**

Each student must change from their school clothes into appropriate physical education attire to participate every day. Attire must also follow HHS dress code. **Proper attire includes: athletic shorts or sweatpants, tennis shoes/athletic sneakers (no boots, heels, sandals, boat shoes or flats) and a t-shirt.** Jeans are not acceptable. To prevent injury, large earrings, necklaces, watches, and bracelets should not be worn during class.

If the class dress code is not followed, the student will be placed on the PBIS Discipline Ladder.

1st step: contact home 2nd step: contact home and detention

3rd step: office referral

**Locker Room**

Lockers will be provided in the locker room for each student. The girls’ locker room has built in locks and the boys’ will receive a combination lock from their assigned teacher. Keep an extra change of athletic clothes in your locker. Do not keep food in your locker. Howard High School is not responsible for any items that are lost or stolen. **Cell phone use is strictly prohibited in the locker room.**

**General Rules for Class**

1. Students must change into appropriate physical education attire everyday.
2. No jewelry may be worn.
3. No food, gum, or drinks (other than water) are permitted in class.
4. Be respectful towards others.
5. **No cell phones are permitted, you are not allowed to us them in locker rooms either.**
6. Stay in the gym or locker room at the end of class until the bell has rung.
7. JROTC students and athletes are NOT exempt from dressing out.

**Grading Policy**

Your grade will be determined by points earned for being prepared (dressing), in-class participation, practicum’s, tests and home assignments. You can earn up to 4 points per day (8 points A/B day class) for dressing and participating. If you do not dress for class, you may not physically participate and will receive a maximum of one point for the day by doing written work. Points for homework, tests, etc. will be determined as the year progresses.

|  |  |
| --- | --- |
| **Points** | **Descriptions of Expectations** |
| 4 | Students are fully engaged. Student dressed and participated without prompting. Encourages and helps others. |
| 3 | Student was involved with activity, and followed directions. Student did not need to be re-directed. Sportsmanship is evident. |
| 2 | Participation was sporadic (not consistent). Had to redirect student back to task or activity. Is wearing 100% of PE uniform |
| 1 | Student is dressed out, stands around, and limited participation or physical activity. OR is not in PE uniform but participates in written work. |
| 0 | Not dressed out. Little or no effort. |

**Do Over Policy**

An individual student may discuss the possibility of a redo quiz/test within a calendar week with his/her teacher. A student may make-up a missed class after school in the weight room as well to earn back credit.

**Contact Information**

If you have any questions or concerns, please feel free to contact us at 410-313-2867. I look forward to meeting the parents and guardians of all of the students. Teamwork between home and school is a positive relationship that will benefit us all! Thank you and have a great year.

I have read and understand the requirements and grading for Sport for Life.

PLEASE FILL OUT AND RETURN: THE FIRST HOMEWORK GRADE IN THE CLASS!

TEACHER: Mr. Willingham Mr. Strunk (Circle One)

CLASS PERIOD: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT NAME PRINTED: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CELL NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GUARDIAN CELL NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN EMAIL ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_