

# Pine Ridge High School

## Coach Sheneman (Garmon)

**EMAIL:** [bjshenem@volusia.k12.fl.us](mailto:bjshenem@volusia.k12.fl.us)

**OFFICE HOURS:** M-F 12:56-1:44 ; Early Release Wed 12:18-12:59

**COURSE:** Indiv/Dual Sports

**COURSE DESCRIPTION:** This course fulfills the Physical Education graduation requirement. Each class, students are expected to exercise for 45 minutes.

**COURSE OBJECTIVES:** -Students exercise for 45 minutes each class period. -Demonstrate ability to perform each activity. -Explain rules and strategies for each learned sport. -Apply safety practices. -Perform stretching exercises applicable to each sport. Demonstrate good sportsmanship, social conduct, and fair play. -Identify skills for each sport. – Identify health related components of each sport. -Perform proper warm-up and cool-down exercises for each sport. -Attend class in proper attire.

**RESOURCES:** All resources for LIVE students can be found on CANVAS under the appropriate class section.

**ATTENDANCE POLICY:** Students are expected to attend all classes during the scheduled class hours. Absences will result in a ZERO for that day. To make up a missed day, student must schedule a time after school to complete either eleven laps in the gymnasium or two laps around the track at own pace. Student must be dressed out to make up absences and work must be completed before the end of the nine weeks. Absences due to physical injury will be made up with a modified activity. Students will have assigned attendance seating. Missing roll call could result in the student being marked absent. Be on time and in assigned seat.

**TARDY POLICY:** 1<sup>st</sup> offense: conference with the student about attendance. 2<sup>nd</sup> offense: parent will be contacted. 3<sup>rd</sup> offense: detention. 4<sup>th</sup> offense: discipline referral

**ELECTRONIC DEVICE POLICY:** Cell phones and other electronic devices should not be out unless directed by the instructor.

**CLASS POLICY:** -Dress out in appropriate gym clothes. -Wear closed toed shoes. -No food, gum, or drinks will be permitted inside of the gym. -Report to locker rooms at beginning of class to dress out. -Report to locker rooms at the end of class to dress back in and remain in locker room until bell rings. -Cell phones are not permitted in the locker rooms or gymnasium.

**COURSE EVALUATION:** 40% of the grading will result from dressing out and daily, active participation. The other 60% will result from daily skill assessments, class assignments, and exams.

**LATE WORK POLICY:** Late reading/worksheet assignments will not be accepted.

**ACADEMIC INTEGRITY:** The Volusia County Schools' Student Code of Conduct defines cheating/academic dishonesty as thus: "to influence by deceit, trick or fraud, to violate rules for personal gain or the gain of others. To obtain by deceit a grade or reward to which one is not entitled. To plagiarize."

If you are caught cheating or plagiarizing (including, but not limited to, allowing another student to copy your work), depending on the infraction and teacher discretion, any of the following consequences may be assigned:

- a. Zero on the assignment
- b. Discipline referral
- c. Guidance referral/parent conference

**ESOL STRATEGIES:** Use of gestures, facial expressions, and body language. Students can demonstrate skills by role play with other students.