

"A HEALTHY MIND IN A HEALTHY BODY"

REVERE HIGH SCHOOL FITNESS & CONDITIONING

COURSE DESCRIPTION

Physical Education is a class of action and learning by participation. We offer a variety of activities that will help develop your child physically, mentally, socially and emotionally. Hopefully your child will discover several of the activities enjoyable enough to continue pursuing later in life, thus creating a lifetime of learning. Lifelong fitness is one of the keys to living a more enjoyable life!!!

INSTRUCTOR: MR. RAHAS
330-523-3222(W)
drahas@revereschools.org
B.S. / MA. Education

GRADING:

70% PARTICIPATION

- Strength Training (40%)
- Cardio Training (30%)

30% WRITTEN ASSIGNMENTS

- Worksheets (10%)
- Quizzes (10%)
- Final Exam (10%)

• **MATERIALS:** shorts, sweatpants, wind pants, t-shirt, sweatshirt, athletic shoes

• **TEXTBOOK:** GLENCOE: "FOUNDATIONS OF PERSONAL FITNESS"

• **DRESSING FOR CLASS:**

FAILURE TO DRESS WILL RESULT IN A "0" FOR THE DAY.

UNEXCUSED ABSENCES COUNT AS A "0". THREE ZEROS WILL RESULT IN A DROP OF ONE LETTER GRADE.

• **ATTENDANCE POLICY:** One tardy will result in a warning. A second tardy will result in A DETENTION. If this continues then the student will be sent to the office. At the end of class, the students will change their clothes and wait in the hallway outside both locker rooms. Students are dismissed when the bell rings. Any students leaving early from class will be issued a detention. If this continues the student will be sent to the office.

• **MEDICALLY EXCUSED STUDENTS:** Any student who is excused from participating in physical education due to a doctor's or parent's note will be required to make-up any physical work that is missed along with written work that is assigned by the instructor. Please make sure that if your child is unable to participate that he/she must have a note from either you or a doctor.

• **LOCKER ROOM PROCEDURES:**

All students will be assigned a locker to keep their clothes and books. All students are required to purchase a lock and lock their items.

Please be aware, that due to the nature of Physical Education, your child may be at risk of injury. Also, please know that every precautionary measure is taken to ensure his/her safety. If your child is unable to participate for a medical reason, please send a note from the doctor's office.

PARENT SIGNATURE: _____ DATE: _____

STUDENT'S NAME (PRINTED): _____ DATE: _____