# A picture containing text, clipart Description automatically generatedWelcome to my class!

Physical Education Syllabus

2022 - 2023

My name is Coach Borders, and I will be your P.E. Coach for the 2022-2023 School year! I am excited to get to know all of you and expand your knowledge about sports, fitness, health, and much more! We have a lot of fun and exciting things planned for the school year such as football, soccer, volleyball, archery, and even kayaking

# Expectations:

Students will receive a paper with all the classroom rules on the first day of class. These rules are expected to be followed on a day-to-day basis. Remember that Bok academy is held at a very high reputation and students are expected to behave as such. They will also be expected to participate in every unit taught unless they are excused from that unit. I work very well with communication regarding excusing a student from any activity. If I am made aware I can create alternative plans in place of any unit.

There is also a no tolerance for any kind of bullying anywhere before, during, or after school in my classroom. Negative behavior towards another student will be handled immediately.

Students are expected to be in class on time. This means seated under the pavilion and ready to go when the bell rings. As we do not have any locker rooms they will not be expected to dress out for P.E.

# Grades:

Grades will be weighted by a 60%, 30%, 10% ratio. Participation will be the most important grade having a weight of 60% of the final grade with 30% for assignments and 10% for prepwork. There will be a grade weekly based on participation that will be available to view by Friday evening. Remember I am not grading based on skill but rather just trying new things. There will also be a quiz due at the end of each unit (every 2-3 weeks).

# Contact Info:

Please feel free to reach out at any time if you have any questions, comments, or concerns. I will get back to you as quickly as I can.

Email: laura.borders@lwcharterschools.com

Please sign and return this form to Mrs. Lamb by August 15, 2022. This sheet will be returned to you.

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Student Signature Parent/Guardian Signature