

Personal Fitness Course Syllabus

Coach Laymon & Coach Bailey

Course Schedule

Students will be in the classroom 2 days weekly with their respective Coach and will also be down on the gym floor 2 days weekly and required to dress and participate on GYM days.

- **Coach Laymon's Personal Fitness Class Schedule**
 - Mondays/Wednesdays - Classroom - Room 777
 - Tuesday/Thursdays - New Gym
- **Coach Bailey's Personal Fitness Class Schedule**
 - Monday/Wednesdays - New Gym
 - Tuesday/Thursday - Classroom - Room 777
- **Fridays**
 - Personal Fitness (All classes) Group Activities- NEW GYM

Expectations:

Do your BEST! As already stated, we are family. That means that when we come to class we are prepared for the day and work together to put our best effort forward. We respect one another and we celebrate our successes. We work together to create an atmosphere where we will succeed. We will follow three rules in this class:

Materials Needed:

We are using a textbook and worksheet paper to complete assignments. We will also begin integrating the google classroom for submitting assignments. (Chromebook is required)

Attendance and Tardies

We will follow school policies with regards to attendance and tardies.

If tardy, we enter the classroom with as little disruption as possible and take our seat.

Cell Phones

We will follow school policies with regards to cell phone use during school, by incorporating the use of the phone caddy at the beginning of class.

Each student will be assigned a caddy number slot for their phone.

Late Work

All work needs to be turned in on time. If you are not in class when the work is due, you will have the same number of days that you miss to get the work turned in.

Points will be taken off for every late day.

GRADING POLICY:

Daily Class Work: 50%

Dress & Participation 50%

***All class work assignments will be due by the end of the class period on Thursdays.
If a student is absent and misses an assignment, it is the students responsibility to get the missing assignment from their teacher.***