

Personal Fitness Course Syllabus

Coach Laymon

Course Schedule:

Students will be in the classroom 2 days a week with their respective Coach and will also be on the gym floor 2 days a week, 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.

Materials Needed:

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

All students also need athletic shoes to participate on the days the class is on the gym floor.

Attendance and Tardiness:

We will follow school policies with regard to attendance and tardiness.

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

Cell Phones:

We will follow school policies with regard 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.

***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 student's responsibility to get the missing assignment from their teacher.***

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GRADING POLICY:

Daily Class Work: 50%

Dress & Participation 50%

Daily Class Work:

Students will work in the classroom 2 days a week. They will need the following materials: a Pencil, Paper, and a notebook. Students will keep all of their work in a notebook during the semester. At the end of the semester, students will be allowed to use their notebooks on their final exam.

Dress and Participation:

2 days a week, students will participate in some type of physical activity. They are required to have athletic shoes of some sort to participate. (Tennis Shoes - Basketball Shoes) Having the proper shoes will count towards their grade.

****Important****

We will go outside quite often on the days that our class is scheduled to participate in physical activity. Coach Laymon will communicate with the class the day before on the days the class will be outside. Please dress appropriately and make sure to drink plenty of water throughout the day.

Dr. Note/Participation:

If a student is injured/sick, or not able to participate in the class activity for the day. He/she needs a Dr. Note stating that he/she needs to sit out of the scheduled activity. All students are required/expected to participate unless Coach Laymon has a note stating otherwise. Please communicate with me. Parents feel free to contact to discuss any concerns.

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ADAP:

Students will complete the Alcohol and Drug Awareness Program during the semester. Completion of the ADAP course is required by the state of Georgia for a student to receive their driver's license. This course is free for the students.

Google Classroom:

We will use Google Classroom for some of the daily classwork assignments. All of the ADAP assignments will be located and completed on Google Classroom.

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This is the only piece of paper that needs to be signed and returned to Coach Laymon. The first page is the student's copy.

I (Student) have read and understood the syllabus for the Personal Fitness class. I agree to abide by the expectations outlined in the syllabus and to actively participate in all class activities. I understand that participation, effort, and adherence to class guidelines are essential for success in this course.

By signing below, I acknowledge my understanding of the expectations for this class and agree to fulfill the respective roles to the best of my ability.

Student's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____

Please return this signed agreement to Coach Laymon by [specified date].

This is the only piece of paper that needs to be signed and returned to Coach Laymon. The first page is the student's copy.