

9th Grade Conditioning

Mrs. Provost



PHILOSOPHY OF CLASS

The primary goal of this conditioning class is to develop the student's knowledge and skills through the participation of a variety of workouts and activities. They will also learn about having a healthy lifestyle and the importance of physical activity on a daily basis. It is my hope that each student has a positive attitude and gives their best effort in class every day! I would love for them to take from my class an increased love of physical activity, a better understanding of different components of fitness, a desire for a healthy lifestyle, and an increased self-esteem.

ATTENDANCE POLICY

Students are expected to be in class each day, unless properly excused by the school or parent/guardian. Students are only allowed to make up 4 absences in each quarter unless previously arranged, or an emergency comes up. They are responsible for making up each of their absences and may choose what they would like to do to make up points from this list:

- Participate in 30 minutes of physical activity at home, such as: an aerobics class, running, jogging, walking, hiking, biking, any sport, etc. You must log on to Canvas and complete the online "PE Conditioning Absence Makeup Form"
- Attend any school-sanctioned game, with a note telling me details about the game, along with a signature of one of the teachers/administrators in attendance.
- A 2-page, double-spaced paper on the subjects of: "Living a Healthy Lifestyle", someone famous in sports, and what they are famous for, "Health and Nutrition", rules and strategies for any sport of your choice, or if you want to come up with your own subject, see Mrs. Provost for approval.
- Make up your own workout or activity with a complete list of exercises and the equipment needed.

Students will have 1 week after an absence to make it up!!!! If the student is sick, they can wait until they are feeling better, then they will have 1 week to make up their absences.

If there is some medical reason why students cannot dress and participate, please send a note signed by a parent/guardian and/or doctor telling me what's going on. If students are sick or injured, and cannot participate, I need a parent's note excusing them from participating in class, and they will need to copy rules for a variety of sports or different workouts from the book provided. If they work hard throughout class, they can earn their points.

TARDY POLICY

During a quarter, if a student accumulates 4 unexcused tardies, he/she will receive a drop in citizenship grade, (“S” to “N”) and tardies will be tagged in MyStudent. Parents will be contacted on the 4th tardy, and the contact will be documented in MyStudent. A 5th tardy will result in a drop in citizenship (“N” to “U”). A 6th tardy will result in a subsequent parent conference with administration.

DRESS CODE

Students are required to change out of their school clothes for class. This is to ensure good hygiene and safety for the different movements that will be performed in class. Students must be dressed in appropriate clothes for physical activity. This includes tennis shoes, socks, t-shirt and gym shorts/leggings/joggers etc. Shoes must have **non-marking soles**, and laces tied **TIGHT** so the shoe cannot come off easily. **Crocs are not allowed for safety reasons.** Jackets and sweats are allowed for cold days. We will go outside at 35 degrees and above. When it is below 35 degrees or if it is raining or snowing, we will be inside.

SUPPLIES

- Every student **MUST** have : A pen or pencil to write with, a notebook of paper, and their chromebook
- Students must keep these in their GYM locker to have for **TEST DAYS**

LOCKER ROOM CONDUCT AND RULES

Locks will be assigned to each student. (They may bring their own lock from home if they would like) The combination **MUST** be memorized, and not given to anyone else. Students are responsible for their own lock, and will return it at the end of the semester. If the lock is not returned or damaged, they will be given a fine of \$10. I will personally have all the combinations for the locks as well. This is for emergency purposes **ONLY**. You must know your own combination! Please make sure your lock is locked each time you use it. If not, things may be stolen at your own risk!

DAILY PROCEDURES

Where to meet will be posted in the locker rooms every day. Make sure to check the whiteboard! Roll call and stretching will be done, daily objectives given, and we will work **HARD!**

OTHER CLASS RULES

- This is an **ADVANCED PE** class. It is called conditioning for a reason. The bulk of the time we will be working out. I expect students to give **100% effort** in this class every day! Every Friday will be “Free Sport Friday”. This is where the students will condition through sport!
- Students will have plenty of time to change, use the bathroom and get a drink before class starts. Students will not be allowed bathroom breaks during class unless in cases of emergency.
- There will be no gum allowed in the gym or back workout rooms
- **ABSOLUTELY NO** horseplay, hazing, teasing, bullying etc. allowed at **ANY** time! Everyone deserves respect and deserves to feel safe.
- Do **NOT** leave the locker room before the bell rings to go to your next class.
- Stay out of other lockers
- **ABSOLUTELY** no swearing or inappropriate language or behavior will be tolerated!
- No cell phone or any electronic device allowed. (**NO** earbuds!!) If the student brings anything electronic to class, they will be asked to go back to the locker room and lock it up in their locker.
- Please don't bring them!!! I will let you know what days to bring your chromebook for taking tests. Please leave them in your locker unless I tell you otherwise.

GRADING SCALE

A=93% or higher, A-=90-92%, B+=87-89%, B=83-86%, B-=80-82%, C+=73-76%, C-=70-72%, D+=67-69%, D=63-66%, D-=58-62%, F=57.99% or below.

- **Participation, dress and attitude** - Each day is worth 5 points. Students earn 2 points by changing out of their school clothes into proper clothing for physical activity. Full participation and working HARD earns 2 points. Proper locker room behavior/demonstrating a positive attitude and following the rules earns 1 point. **IT IS REQUIRED TO DRESS EVERY DAY!**
- Movies - Each semester I show 1 inspirational movie that is rated G or PG. (Hoosiers, Remember the Titans, Miracle, Rocky IV etc..)
- I will post grades every Friday.

THIS DISCLOSURE IS SUBJECT TO CHANGE WHEN I FEEL IT IS NECESSARY!!

PARENTS

If at any time you have questions or concerns, please feel free to contact me by phone or through email.

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