

Miss. Fogelbach  
P.E. Guidelines/Expectations

Sports that will be covered: Softball, Volleyball, Soccer, Basketball, Team Handball, Flag Football & Ultimate Frisbee. (I will happily add a sport if we have time and capability!)

What will each unit consist of? We will learn the history of each sport and work from basic skills to drills to game play.

Will we warm up? Yes. We will use walking/jogging intervals as a warm-up along with fitness activities that we will track throughout the semester on note cards.

When will we stretch? We will stretch at the end of class. Research shows the best time to stretch is when your muscles are already warm to prevent injury.

What is expected of me in class?

1. Respect & Responsibility

- Be prepared for class
- Be nice to classmates and teacher
- Follow rules of sport/activity
- Play fair and remember everyone has different capabilities
- Appropriate behavior in locker room
- Don't complain!
- Give 100% everyday!

2. Dress code

- T-shirt ( no tank tops)
- Shorts or athletic pants
- Tennis shoes

Routines:

- 4 minutes to change and be seated in squads
- turn in card and sit behind your captain
- give 100% everyday!

Scoring: **DRESSING OUT DOES NOT=ALL YOUR DAILY POINTS!**

- Everyone starts with 100%
- Lose 10 points for each no dress
- Lose points for being late to squad
- Lose points for inappropriate behavior/language
- See sportsmanship rubric (attached)

**Grading Scale:**

**98-100= A+**

**93-97= A**

**90-92= A-**

**88-89= B+**

**83-87= B**

**80-82= B-**

**78-79= C+**

**73-77= C**

**70-72= C-**

**68-69= D+**

**63-67= D**

**60-62= D-**

**0-59= F**

1. Calculate your target heart rate. Here is the formula:  $220 - \text{age} =$   
maximum heart rate.

Maximum heart rate  $\times .65 =$

Maximum heart rate  $\times .85 =$

2. Why is it important to know your target heart rate? How can knowing it improve your performance?

Our goals for this year is to improve our knowledge of various sports, improve our cardio respiratory endurance, upper body strength, lower body strength, abdominal strength, and HAVE FUN!

\*Freshman P.E. courses will run the mile every Friday