

Ms. Fogelbach-Weight Training Guidelines

EXPECTATIONS: Respect & Responsibility. What does this include?

Respect:

- Listen when teacher is speaking
- Appropriate language
- Keep your feet off mats
- Stay away from balcony overhang
- Appreciate differences among your classmates

Responsibility:

- Bring clothes everyday
- Track your progress
- Stay busy
- Follow rules
- Dress quickly, points will be deducted after 4 minutes
- Take care of “business” while changing. Locker room should be locked after everyone has exited.
- Work hard!

ASSIGNMENTS/PROJECTS: Students will track their progress daily on their charts. I will collect these twice during the semester to check your progression. You will be expected to do 2 projects, which will be worth 25 points and explained in more detail later in the semester.

POINTS: 5 Points a day will be awarded to those who dress out, participate and behave properly. **BE CAREFULL** no dresses add up quickly. I only allow make-up work for certain situations.

LOCKERS: You are strongly encouraged to purchase a lock from the office to put on a locker for use during gym classes. See me to find out which lockers are available for students. Please don't bring expensive items to school and leave them in the locker room. I can't count the number of I-pods and cell phones that were stolen last year.

CLASS SCHEDULE: We will rotate days by uppers, lowers, abs, and cardio. Students will work in groups of three or more and rotate stations throughout class.

You are required to bring the highlighted item listed below (10pts.):

Kleenex

Hand sanitizer

Clorox wipes

Band-aids

Lotion

“Knowing that we are valued and being in the presence of people who want to share with us something of this world that they love are the two most important ingredients of education.”

- Mr. Rogers

I look forward to working with all of you this year and hope to pass on my love of various forms of physical activity.