

# Physical Education Syllabus 2024-2025

Coach Ryan & Mrs. K

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Welcome to Trenton-Rosenwald Middle School Physical Education! Our hope is to encourage physical fitness, teamwork, and the development of lifelong healthy habits. Students will participate in a variety of activities that promote cardiovascular fitness, strength, flexibility, and coordination.

## Grading:

- Each day, you will start with 20 possible points (100 possible for the week).
- Failure to participate or wear proper shoes results in 10 points deducted for the day.
- There will be an alternate assignment to complete for partial credit (5 points) for the day.

## Expectations

- **Attendance and Punctuality:** Regular attendance and punctuality are essential for progress and success in the course.
- **Active Participation:** Students are expected to actively participate in all activities and give their best effort.
- **Respect and Cooperation:** Students should demonstrate respect for peers, equipment, and the class environment.

## Dress:

- You will get sweaty. You have the opportunity to dress out, as long as you keep the locker rooms clean, follow locker room expectations, and are prompt.
- Clothes that you can get sweaty in:
  - Shorts (school length), joggers
  - T-shirts (school appropriate)
  - Tennis shoes (bring a 2nd pair if you don't want your Jordan's creased)
  - Deodorant (You're in middle school, wear deo for your B.O.)
  - **NO CROCS or BOOTS**
- If you do not have proper shoes on, you will fill out a Refocus Form and have points deducted from your grade. You will have an alternate assignment to complete for partial credit for the day.

We look forward to having a great year of physical activity and learning.

- Coach Ryan & Mrs. K

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_