

PINER HIGH NET SPORTS

SEMESTER 2 2015

Course Description: This semester course is designed for students who would like to improve or maintain their skill and fitness level in the sports of basketball, volleyball, badminton, pickleball and tennis. This course will introduce a variety of drills to improve skill levels, and incorporate various conditioning and flexibility exercises. Time will be spent on game situations and tournament play. On block days a component of fitness will be added. Cooperation, personal effort, enthusiasm for the sport, teamwork and good sportsmanship are important components for success in this course.

Prerequisite: Students should have a basic knowledge of the rules for each sport, and be able to perform the basic skills for each.

Class Requirements & Expectations: Students are to respect and follow these guidelines:

- Wear the required P.E. uniform and appropriate shoes with laces.
- Be seated on roll call number at the beginning of class daily.
- Please do **NOT** bring any type of “e-device” to class.
- Actively engage in conditioning, drills, stretching and game play.
- Take care of equipment and help with setting up and taking down when appropriate.
- Be SAFE! Be mindful of others during drills and game play. Injuries can be avoided.
- Play fair and by the rules. This makes the class more fun!

Grading: Students earn 10 points daily and 20 points on the block day. Students not dressed in the appropriate uniform and required shoes will not participate to earn points. Students will be evaluated daily on effort and attitude. Each sport will have a skill and knowledge assessment component, as well as a written assessment. Good attendance and daily dress are critical in this class for a passing grade.

P.E. Medicals & Make Up Work: A student who does not attend a class will not be awarded points. Every student does have the opportunity to make up points by participating in the Wednesday after school make up P.E. sessions. Each session is worth 10 points. A medical note excusing a student from participation up to 4 weeks will be given a standard writing assignment or alternative assignment in the class based on the individual situation. Written assignments given to the student in class are due at the end of the class time for credit. P.E. medicals are still required to attend class dressed in P.E. uniform and seated on their roll call number.

Suit Cut Policy: A student not dressed to participate will **NOT** earn points and is considered a suit cut. Each student will have only **ONE** warning each quarter as a reminder of the importance and consequences for not being dressed. After the first suit cut, and each suit cut thereafter, the student will be assigned a **MANDATORY** make up PE session. The student must attend this session to earn points back. If the student does not attend the assigned session, a two hour detention will result and **NO** points will be earned back to help the grade. Students with more than four suit cuts in any quarter are considered “chronic offenders” and will be assigned an automatic two hour detention.