



Physical Education

Coach Tony

tony@encompassacademy.org

Course Description

This class is designed to better students' knowledge of fitness, both mental and physical. We will work through different units learning new sports each time, first learning the basics of the sport, and then competing. By the end of this course, students will be more exposed to a variety of physical activities, and more knowledgeable about opportunities that await them in the fitness industry. Aside from just sports, students will be assessed on their performance from the beginning to the end of semester. This is meant to be a fun, but educational class and I can't wait to meet everyone and get our fitness on!!!

Course Expectations

- Students will change out daily for each class. This means closed-toe, closed-heel shoes, and clothes you can workout in (athletic shorts or sweatpants and a shirt you are able to move easily in). If you need any shoes or clothing, please ask Coach Tony and he will provide you with some.
- Students must participate daily. This does not mean every activity will be done perfectly at first; however, everybody must put in their best effort!
- Students must show respect to teachers and classmates at all times. This means no degrading others, good sportsmanship, and having integrity in all that you do!
- Ask for help if something doesn't make sense.

Grade Breakdown

In Class Participation- 60%
Attendance- 20%
Assessments- 10%
Final- 10%

Grading Policy

A 90-100%
B 80-89%
C 70-79%
D 60-69%
F 59% and below

Make-Up Work Policy

If a class is missed with prior notice or acceptable documentation, attendance and participation points can be made up with an easy at-home assignment. If class is missed with no notice or acceptable documentation, only participation points can be made up with an at-home assignment. Email Coach Tony (tony@encompassacademy.org) within 48 hours of the missed class to receive the assignment.



If a student is present, but unable to participate, a doctor's note must be provided. No other notes will be accepted. In addition, if a student is present but does not participate, they will only receive attendance points.

Class layout

Each class will be in the following format:

~5 minutes to change out

~15 minutes of warmups

~40 minutes of our activity

~20 min of free gym

~ 5 minutes of cooldowns

To achieve full credit, full participation must be completed through all stages of class.

Technology Policy

Cell phones or other electronic devices (besides fitness watches) are not permitted for use in P.E. class. Fitness watches are allowed, but are not permitted for texting, phone calls, etc. during class. Electronic devices are not to be used at any time. Failure to comply will result in confiscation of the device for the day, and can be picked up at the end of the school day. This includes airpods and headphones.

Google Classroom will be used for announcements and all other information to stay up to date with the class. It will also be where you complete your Friday Check-In. Class code: **XXXXX**.