



## Welcome to Cosby High School Physical Education II

### Coach Kurry Cody

#### Head Boys Basketball Coach

Office Location: Upstairs Gym Office, beside the weight room

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This Physical Education II course is based on building muscular strength, endurance, flexibility, and safety with specific workouts in Cosby's weight room. The core lifts in this course target specific muscle groups, while learning weight room safety, warm-up/cool down procedures, lifting technique and safety for all lifts, major muscle identification, and individual goal setting are all important components in this course.

### Expectations:

All students are expected to follow these basic class guidelines:

- Be IN THE WEIGHT ROOM prior to the tardy bell. YOU NEED TO FULLY DRESS OUT BEFORE WE START OUR WORKOUT.
- Students will dress out in proper clothing and participate every day.
- Students will not leave the supervision area without permission. A zero will be given for leaving the weight room before the bell or dismissal by teacher.
- Students will respect the rights, property and privacy of others.
- Students will wait respectfully on the mezzanine before class change after our workout is completed.
- Students will behave politely and respectfully toward everyone at all times.

### Participation:

Students will be expected to participate and workout everyday in this class. Workouts will be varied weekly to prevent burnout. Each student will be allowed 3 rest days a month where they cannot participate in a workout if they need their body to rest or are physically or mentally drained from a previous workout. Workouts will vary week to week, however the schedule for this class goes as follows:

**Mondays** - Upper Body, Core

**Tuesdays** - Upper Body, Aerobics

**Wednesdays** - Stretching/Yoga

**Thursdays** - Lower Body, Core

**Fridays** - Student Choice Workout (students will choose their own 4-5 workouts to be completed with a given set/rep amount)

## **Required Dressing**

Students will be required to wear tennis shoes and t-shirts each day in this class. You are **not allowed to wear boots or open-toed shoes** (flip flops, Chacos, sandals, etc.) Every other clothing item must follow the dress code policy.

## **Grading:**

Students will receive a daily grade in this class. Students will be graded on a scale of a 100 weekly. You can receive a maximum of 20 points per day. 20 points x 5 days a week = 100 points possible per week.

5 - on time and not tardy

5 - appropriate dress

5 - respect for equipment, space, and others

5 - participation

## **Rest Days:**

Each student will be allowed 2 rest days a month. I will keep track of these days, you will not exceed more than two rest days a month. A student will receive a full credit 20 points for their rest day.