



Welcome to Cosby High School PE class.

**Mrs. Darnell**

**Office Location:** in gym area across from bathrooms

**Rules:**

- School System cell phone policy applies which is cannot have it out during the school day. Earbuds, headphones etc are not allowed as well.
- Be Respectful and Responsible
- Take care of all PE equipment
- No Food or Drink in Gym except water and No bringing outside food in

**Dressing Location**

You may dress in the bathrooms and can bring your things out into the gym while participating.

**Be Prepared**

You will need tennis shoes and are required to dress out to participate each day.

**Grading**

Students grades will be calculated from dressing and participation.

Students will receive 5 points per day for dressing and participating. Points will be deducted for inappropriate shoes, not changing into workout clothes, disrespectful behaviors, or unexcused absences, or ISS.

**Tardy**

Students must be in their assigned spot before the tardy bell. 3 tardies will equal 1 absence and 3 absences will require you to take the midterm or final exam.

This class will be divided into units. The units will be approximately 3-4 weeks each. The units will be physical fitness, badminton, basketball, flag football, soccer, kickball, wiffleball, and touckball. Other activities include disc golf, spikeball, volleyball, corn hole, weight training etc. Each unit will have a set of season games followed by a tournament.