

## **FITNESS CLASS      COACH JARVIS**

### **UNIFORM:** (must be clean and modest)

1. T-shirt: no tank tops for P.E. class
2. Shorts or sweats: NO cut offs of any kind. Biker shorts are okay.
3. Proper gym shoes: No sandals or open toe shoes!
4. Wear P.E. clothes that are comfortable and fit (not too large or too small)

### **GUM/JEWELRY/FOOD:**

1. Please spit out all gum, candy, etc. before coming into the weight room or P.E. class. No food or drink is allowed in class.
2. Stud earrings are okay, but loop or dangle earrings, necklaces and rings can be dangerous. Please do not wear them.

### **ATTENDANCE/PARTICIPATION/DRESS:**

1. The student will be allowed only one no dress per quarter. No points will be lost on that day. On the second or consecutive no dress days, the student will receive a 1/3 grade drop (A to A-, etc.). No-dress days cannot be made up.
2. Whether you dress or not if you don't work out you will lose your participation points.
3. Up to 5 absences can be made up. On the 6<sup>th</sup> or consecutive absence the student's grade will drop. 10 absences result in a failing grade. To make up a day missed, get a make up sheet from the teacher the last two weeks of the quarter. During the quarter, do 60 minutes of some type of exercise to make up the day with a maximum of 2 hours of that same activity. Jogging classes must jog to make up absences. Make up must be done at home, not during an athletic practice at Springville High School. A parent or guardian must sign the make up sheet and turn it in to the teacher before the due date at the end of the quarter. Participation and dress points will then be made up.
4. Attendance points can be made up by doing the above make up work. It is the student's responsibility to inform the teacher that they want to make up attendance.
5. Tardies will be attached to your attendance grade: 2 tardies equals 1 absence. A student is considered tardy up to 10 minutes after the tardy bell has rang. After 10 minutes, the student is considered late. After 40 minutes it is an absence. Remember, only 5 hours of make up is allowed, this is tardies and absences combined. USE YOUR 5 HOURS WISELY. In, all PE classes, the student will follow the SHS and Nebo School district attendance policy.

**STUDENTS WILL LEARN THE IMPORTANCE OF P.E. IN THEIR LIVES WHEN YOU EAT RIGHT, EXERCISE, AND MAKE GOOD CHOICES YOU WILL NOT ONLY ADD DAYS TO YOUR LIFE BUT LIFE TO YOUR DAYS.**

**GRADING:**

1. Attendance
2. Dress Points
3. Participation  
(jogging classes jog 4 miles unless we are doing another activity.)
4. Class assignments/tests

**GRADE BREAKDOWN:**

100-95= A	94-90= A-	89-87= B+	86-83= B
82-80= B-	79-77= C+	76-73= C	72-70= C-
69-67= D+	66-63= D	62-60= D-	59 >= F

**SPECIAL RULES:**

1. IF YOU NEED TO LEAVE CLASS, ASK! YOU NEED A HALL PASS
2. DO NOT GO INTO THE UPPER HALLS! (GRADE CUT IF CAUGHT PASSED COACH CLEMENTS ROOM.)
3. IF YOU ARE SICK OR HURT TELL MISS JARVIS AT THE BEGINNING OF CLASS.. IF EXTENDED TIME BRING A NOTE FROM A DOCTOR.
4. DO NOT GO PAST THE CANDY MACHINE UNTIL BELL RINGS.
5. WHEN I HAVE A SUB BE ON YOUR BEST BEHAVIOR-DO NOT TAKE NON DRESS THAT DAY.
6. KEEP LOCKER LOCKED AND LOCKER ROOM CLEAN AT ALL TIMES.
7. IF NOT DRESSED YOU NEED TO STAY WITH THE CLASS UNLESS COACH JARVIS HAS ARRANGED SOMETHING ELSE.
8. YOUR 1<sup>ST</sup> NON-DRESS, YOU CAN STUDY, OR WATCH THE CLASS. AFTER THE 1<sup>ST</sup> ONE, I CAN ASSIGN YOU SOMETHING TO DO.
9. IF YOU FORGET YOUR CLOTHES, YOU NEED TO GET SOME FROM JARVIS. BRING 2 SETS, WEAR ONE, WHEN IT IS DIRTY, TAKE IT HOME, AND WEAR THE OTHER, THEN SWAP WHEN YOU BRING THE OTHER ONE BACK.
10. STUDENT WILL HAVE A LINED NOTEBOOK AND PENCIL OR PEN EVERY DAY FOR CLASS.

*I understand the rules and regulations for Coach Jarvis's classes. I understand that I am responsible for participation and attendance make up.*

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Date

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Name

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Main Gym					G-Wing		
Event	Date	Game 1	Game 2	Game 3	Game 1	Game 2	Game 3
GBB	25-Nov						
BBB	2-Dec						
GBB	5-Dec						
GBB	9-Dec						
WR	11-Dec						
BBB	12-Dec						
GBB	16-Dec						
GBB	6-Jan						
GBB	8-Jan						
WR	15-Jan	Shelbi Michelle	Michelle Dad				
GB/BB	16-Jan	Nancy ManagerG	Nancy Clint	Nancy Clint Gregg S	Manager B Eric	Manager B Eric	Manager G Eric
GB/BB	23-Jan	Nancy ManagerG	Nancy Clint	Nancy Clint Greg G	Manager B Eric	Manager B Eric	Manager G Eric
GB/BB	27-Jan	Nancy ManagerG	Nancy Jeff	Nancy Jeff Greg G	Manager B Eric	Manager B Eric	Manager G Eric
GB/BB	5-Feb	Nancy ManagerB	Nancy Clint	Nancy Clint Greg G	Manager G Eric	Manager B Eric	Manager G Eric
GB/BB	13-Feb	Nancy ManagerB	Nancy Jeff	Nancy Jeff Greg G	Manager G Eric	Manager B Eric	Manager G Eric
BBB	26-Feb	Nancy ManagerB	Nancy Jeff	Nancy Jeff Greg G			