Porter Ridge High School Coach Garrett Malone

704-292-7662 garrett.malone@ucps.k12.nc.us

Office Hours: By appointment

**Team Sports Syllabus 2018**

1. **Course Description:** 
   1. *A team sport includes any sport, which involves players working together towards a shared objective.  A team sport is an activity in which a group of individuals, on the same team, work together to accomplish an ultimate goal which is usually to win.*
   2. *Through the participation in several sports, students will gain the knowledge necessary to become an educated participant and spectator. The involvement in specific sports will provide an atmosphere that is enjoyable to the participants, promotes cooperation among peers and develop an appreciation for the degree of fitness necessary to participate. The following sports are included in the course Team Sports in order of Unit Appearance:*
      1. Unit 1 – Carolina Football
      2. Unit 2 – Kick Ball
      3. Unit 3 – Handball
      4. Unit 4 – Soccer
      5. Unit 5 – Speed Ball
      6. Unit 6 – Ultimate Frisbee
      7. Unit 7 – Softball/Wiffleball
      8. Unit 8 – Volleyball
      9. Unit 9 – Basketball
   3. Each Unit of study will last a maximum of 10 days…two weeks per Unit. Each Unit will consist of a Pre-Test and a Post-Test to gain a true measure of knowledge attained during the Unit of Study.
2. **Course Expectations:**
   1. You are fully expected to participate in 100% of all course requirements. Failure to do so will result in a negative impact on your overall grade.
   2. To participate in a Team Sport you must EARN the right to play the Sport. To EARN the right to play the sport you must fulfill the training requirements. Before any athlete participates in a sport they must prepare by training their bodies…to participate in any sport in this course you must fulfill the training requirements.
   3. Training Requirements:
      1. Dynamic Warm Up:
      2. Daily 1 Mile Run:
      3. Daily Ab Circuit:
      4. Active Participation in Designated Sport:
      5. Daily Cool Down Stretch
   4. **Daily Course Requirements**
      1. You are fully expected to dress out in your designated gym clothes…
         1. Closed Toe Tennis Shoes…NO EXCEPTIONS…No Tennis Shoes = No Participation and deduction of grade.
         2. Workout Shorts or Sweatpants…No Leggings Allowed!..No Shorts or Sweatpants = No Participation and deduction of grade.
         3. You must wear a white long or short sleeve t-shirt…failure to wear the appropriate color t-shirt will result in a deduction of your grade. As it gets cooler outside you may wear any color sweatshirt over your white t-shirt.
         4. You will be required to check in your cell phones with me every day! I will collect them in a storage container andreturn them to you at the end of class. I will also hold on to any other valuables that you want secure separate from the locker room.
         5. Vulgar Language of any kind will not be tolerated
         6. Any act of physical altercation will be dealt with by the administration.
         7. You will have homework assignments that you will have to complete throughout the semester.
         8. You will not be allowed to have access to food…it is your responsibility for consuming food on your own time…not on my class time.
         9. At the end of class you will not leave the locker room until you are dismissed.
         10. You must Dress out…Failure to do so will result in a deduction of your grade…the only thing that will excuse you from participation is a valid doctors note!
   5. **Grading Scale**
      1. You will start out each day with 100 total points. Whether or not you maintain that total is entirely up to you. If you fail to Dress Out at all then you will earn ZERO points for that day! Dressing Out and Dressing Out correctly are different categories.
         1. Dressing out Correctly (**15 Points**)
         2. Fully Engaged in Dynamic Warm Up (**15 Points**)
         3. Fully Completing 1 Mile Run (**15 Points**)
         4. Fully Completing Ab Circuit (**15 Points**)
         5. Full Participation in Team Sport Activity (**15 Points**)
         6. Full Participation in Cool Down Stretch (**15 Points**)
         7. Appropriate Behavior (**10 Points**)
      2. Homework Assignments will be worth 100 points.
      3. Quizzes/Test will be worth 100 points.
      4. **PARENTS & STUDENTS CAN ACCESS GRADES VIA POWER SCHOOL AT ANY TIME.**
   6. **State Course Objectives**: [Please Click for Objectives](http://www.ncpublicschools.org/docs/curriculum/healthfulliving/unpacking/health/9-12-pe.pdf)
   7. **Tutoring:** Tutoring is offered every morning from 7:00 to 7:30 A.M.
   8. **Canvas:** The majority of assignments not completed on paper will be submitted on our learning platform, Canvas. Assignments can be submitted a variety of ways including, uploading files, typing into text boxes, and sharing Google documents/presentations.

Students will be shown how to submit assignments on Canvas as needed. Individual assignments will indicate which method of submission on Canvas is expected. If students need a refresher or have questions, they can access the Canvas Student Guide for specific instructions. It is the student's responsibility to ensure assignments are submitted on time and to contact the instructor if there is a problem.

Please note that student activity is logged while in Canvas so instructors will be able to see if the student opened the assignment, if there was any activity including a log of student activities during on-line tests and quizzes. Students are not allowed to leave the testing window during assessments. Doing so is considered cheating and will be handled as set forth in the Porter Ridge HS handbook.

**NOTICE**: Although many assignments are submitted and graded in our learning platform, Canvas, the "final" grades shown may not be properly weighted and do not contain assignments that were not graded in Canvas. For the student's official grades, please continue to access the parent portal through Power-school. Login information is usually sent home with the students at the beginning of the year, and should be the same as last year. If you need assistance accessing the parent portal, please contact the school.

* 1. **Make Up Rules/Procedures**: It is your responsibility to discuss any missed work with the instructor. All of your assignments will be accessible via the Canvas Portal; however, if you have any difficulties accessing the assignments you must let me know. If you communicate in a timely fashion you will have no trouble making up your work. I will work with you; however, failure to communicate and failure to complete the work that you missed will result in a grade reduction.

**Syllabus Acknowledgement Form:**

**I fully understand the Course Requirements, Expectations, Procedures & Objectives that have been discussed in the 2018 Team Sports Syllabus for Coach Garrett Malone. If I need to discuss anything in regards to the Course or Course Syllabus I can reach Coach Malone at…**

[**garett.malone@ucps.k12.nc.us**](mailto:garett.malone@ucps.k12.nc.us)

**Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**