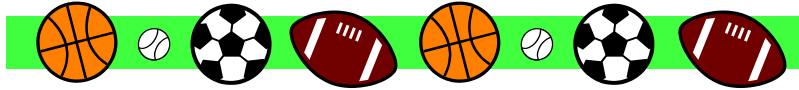


FAST FORWARD CHARTER HIGH SCHOOL 9-12

Promoting success, respect, and responsibility in a safe environment



Coed Sports



Teacher: Sharrah Akina
Email: sharrah@ffchs.org

Course Description

Coed Sports offers students instruction in lifetime activities and fulfills a P.E. requirement for high school graduation. Individual, dual, and team sport activities are included, with the emphasis on activities offering lifelong participation opportunities. Fitness activities may include basketball, volleyball, football, soccer, racquet sports, and other lifetime sports.

Course Objectives

Students in this class will develop and increase their knowledge in individual, dual, and team sport activities through history, game rules, and participation. Students will also learn the importance of sportsmanship and respect as pertaining to coed sports. Students will learn that fitness is a lifelong skill and can be fun.

Class Rules

1. **Be Ready** – Be on time and prepared with gym clothes, appropriate shoes, and a positive attitude.
2. **Be Respectful** – Have respect towards the teacher, other students, yourself, and the equipment.
3. **Be Responsible** – Each student is responsible for his/her own actions. This includes class work, effort, attitude, and how you treat others and yourself.
4. **If you can't remember what to do, go back to rule #2.**

Requirements

- **Daily Attendance & Participation** – This is an activity class. Ten (10) points will be earned each day. Students are required to have good supportive gym shoes, a shirt, and sweats/shorts to change into daily.
- **Daily Work** – 60% of the total grade comes from participating and dressing daily for class.
- **Sports Report** – Students will give a presentation in class based on the history and “how to” of a sport of their choice. This project is worth 20% of the total grade.
- **Quizzes, skills test, and in-class work** will make up the other 20% of the grade.

Evaluation

Grades are determined based on a percentage system:

A	100-93%	C	76-74
A-	92-90	C-	73-70
B+	89-87	D+	69-67
B	86-84	D	66-64
B-	83-80	D-	63-60
C+	79-77	F	59 or Below

Please indicate on the line below if your son/daughter has any medical condition (as authorized by a certified physician) or concern that could affect his/her performance in class.



STUDENT'S NAME: _____

Parent/Guardian Signature & Date: _____

Parent/Guardian Email address: _____

PARTICIPATION GRADING RUBRIC

10 Points per day

 <p>Excellent 9-10 points</p>	<ul style="list-style-type: none">• Prepared for class – dressed in appropriate shorts and shirt• Arrived on time for class• Participated and dressed• Was on-task during entire class time and only needed one prompt to get back on-task• Followed class/school rules (i.e. no gum, food or drink)• Was respectful towards peers, teacher, and equipment
<p>Above Average 7-8 points</p>	<ul style="list-style-type: none">• Prepared for class• Participated but did not change into shorts/sweats• Was on-task during entire class time and only needed two prompts to get back on-task• Followed class/school rules• Was respectful towards peers, teacher, and equipment
<p>Average 5-6 points</p>	<ul style="list-style-type: none">• Not prepared for class - did not dress• Tardy for class• Was on-task the majority of class time was given 2-3 prompts to stay on task (May have been moved from assigned place)• Followed class/school rules• Was respectful towards peers/teacher
<p>Below Average 3-4 points</p>	<ul style="list-style-type: none">• Not prepared for class• Tardy for class• Did not participate• Was given 3-4 prompts in order to complete assignment• Was given one prompt and reminded about school/class rules• Was disrespectful towards peers/teacher
<p>Poor 0-2 points</p> 	<ul style="list-style-type: none">• Absent or did not participate• Not prepared for class• Tardy• Was given several prompts to stay on task. (was moved from assigned place)• Was prompted 2-3 times about class/school rules• Received a write-up for improper conduct• Was disrespectful towards peers/teacher• Was asked to leave the classroom because of improper behavior