

Welcome to Cosby High School Physical Education I

Coach Kurry Cody

Assistant and JV Boys Basketball Coach

Office Location: Middle Trailer, 1st Door

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**Rules**

* **No outside food or drink in the gym, water only**
* Participate and have fun, this class should be challenging but stress-relieving
* Be respectful and responsible
* Take care of all PE Equipment

**Cell Phone Policy**

* There is no use for a phone during a PE class. Phones should be put away during exercise. You may check your phone occasionally. If there is excessive use of a cell phone during class, I will report it to the office for take-up.

**Lockers**

* Locker rooms will not be accessible until further notice. Students will change for PE class in the men’s and women’s restrooms. If you are an athlete, you may change your locker room. Please keep your personal belongings inside your backpack or whatever storage you have.

**Dress Code**

* Tennis shoes only (closed-toe shoes) - **No boots**, sandals, flip-flops, Chacos, heels.
* Shorts and a t-shirt is the ideal dress attire. No dresses, skirts, crop-tops, cut-off shirts, overalls, I allow jeans to an extent. If you wear jeans every day, I will reduce dressing points and ask you to wear shorts and a t-shirt.

**Grading**

* Students’ grades will be calculated from dressing and participation. Students will receive at most 4 points per day, and 20 points per week for dressing and participation. Points will go as follows:

1 – Appropriate Clothing and Shoes

1 – On Time and Not Tardy

1 – Participation

1 – Respectful Behavior

**Tardy**

* Students must be in their assigned spot before the tardy bell. You do not have to be dressed. We will dress after the tardy bell.

**Sports/Activities**

This class will be divided into units. The units will be approximately 2 weeks each. The units will consist of: (subject to change)

* Badminton
* Basketball
* Baseball (Wiffleball)
* Flag Football
* Ultimate Football
* Soccer
* Kickball
* Volleyball
* Corn Hole

Each unit will have a set of season games followed by a tournament in the 2nd week.

Free Day (student choice day) - Free days consist of students participating in an activity of their choice. Typically, the students want to play basketball, volleyball, or football. Students don’t have to play these sports, but they must do an activity of some sort. (walking, running, clean, etc.)

**Grading Scale**

A = 100-90

B = 89-80

C = 79-70

D = 69-60

F = 59-0