**Free State High School**

**Ball Sports**

**Teacher Information**

 Mr. Meyer

 lmeyer@usd497.org

**Objective**

This course is intended to teach you basic rules, skills, and etiquette of football, softball and basketball while facilitating the improvement of one’s personal physical health through vigorous participation.

**Supplies**

Activity attire (school appropriate)

* tee shirt with sleeves
* loose-fitting athletic shorts/pants
* indoor & outdoor shoes
* outdoor clothes/shoes for rain and cold weather

**Typical Primary Activities**

Speed Football - Softball – Basketball

**Grading**

**Daily Participation – 5 points max. per day**

 Hellison’s Model of Social Responsibility (see other document)

Failing to dress out – 0 points

Level 1 & 2 – 0 points (will be directed to do solo activity if hinders others participation)

Level 3 – 3 points

Level 4 – 4 points

Level 5 – 5 points

**Final – 25 points**

A written test will be administered at the end of the semester that will cover each sport.

**Protocol**

Students will have 6 minutes from the time the bell rings to be present in the gym and ready for activity. Failure to be ready and on time to participate will result in a loss of daily points.

Students are to follow the lesson of the day and stay within the guidelines of the expectations and locations.

Students will follow a warm up and cool down each day. Failure to follow the routine will result in a loss of daily points.

If a student is unable to participate in class due to injury or illness they require a written note from a parent, doctor, or the school nurse to be excused.

6 minutes is provided to change back into regular school clothes and students are expected to wait in the locker room or gymnasium until the bell rings.

**Cell Phone Etiquette**

Cell phones are allowed at appropriate times for workout purposes only. Music during individual workout, logging work, picture of HRM results, & running apps are all examples of appropriate use. Please use the following guidelines when using your headphones:

1. Both headphones removed during instruction.
2. No headphones during team sports or peer interaction (pulling one may be appropriate for short conversations).
3. Have your playlist and/or app ready so that all you have to hit is play.

Many people in our society have become addicted to their cell phones. It can be very difficult, for some, to spend 36 minutes without checking for messages. This is what I ask, though, in this professional, academic atmosphere. An appropriate time to check your messages would be during locker room time or between classes. Please remember it is a privilege to have your cell phone in the locker room. It can be lost if individuals begin to compromise the privacy and safety of others in the locker room.

**Additional Notes**

As a general rule, no extra credit is provided. Students can perform make up work before or after school by scheduling a time with the teacher. Once the 9 week grade is posted, no work can be retroactively made up.

All equipment is to be handled with care. Any intentional destruction of equipment or facilities will result in the student reimbursing the school for the cost to replace the equipment as well as possible further disciplinary action. Students must return their lock at the end of the semester and return any used technology (heart rate monitors, pedometers, IPad) at the end of each class. Students will be charged with the cost of replacement if lost or broken.

The locker rooms are unsecured during class time. **Do not leave your belongings outside of your locker** or leave your locker open. Only you have the combination and we are not liable for lost/stolen belongings.

Any additional situations or concerns will be handled as needs arise.