

CARTERSVILLE HIGH SCHOOL
Intro Team Sports / Intermediate Team Sports/ Advanced Team Sports

Mike Tobin
mtobin@cartersvilleschools.org

Karisma Boykin
Kboykin@cartersvilleschools.org

Course Description: This course is designed to motivate and teach students about health-related fitness, teamwork and fair play. Team Sports reinforces the concept of incorporating physical activity into a lifestyle of improved fitness and health. Sport activities that may be included are: flag football, volleyball, soccer, softball, basketball, ultimate frisbee, team handball, kickball, ultimate frisbee, and badminton. Our goal is to inspire you to have the knowledge, skills, and confidence to become lifetime participants and advocates of physical fitness. **Team Sports** at Cartersville High School is an **elective course** and is not required for graduation. Therefore, it is a privilege to be enrolled in this class. It is very important that you, as a student, be on your best behavior for safety reasons as well as not distracting other students. With safety being a major concern there are additional rules to your handbook by which you must abide.

Course Objectives:

1. Demonstrate common knowledge of rules/regulations of various team sports (softball, basketball, flag football, ultimate Frisbee, soccer, volleyball, etc.).
2. Promote socialization and team-building skills through the use of games.
3. Participate in fitness-oriented activities that contribute to upper/lower body strength, cardiovascular fitness, abdominal strength, and flexibility.

GRADING:

90 % Participation

Students may earn a total of 20 points per day. 20 points for participation/effort when in the classroom/gym. 20 points for each day of hybrid learning assignment completed. To earn your participation points for any day you are absent from class, you will have to write a one-page report on a team sport.

10% Final Exam

- A note from parent will suffice for one to two days of inactivity. After two days, a note from a doctor is required to be excused without penalty from participation. These days will need to be made up with a 1-page report/fitness activity.
When a student is absent whether excused or unexcused, make up work will be assigned. (1-page report on any team sport per day) You must participate daily. All missed activities must be made up.

CLASS EXPECTATIONS

- Commit to excellence: Work hard daily to improve.
- Own your own Behavior: Keep all cell phones put away.
- Demonstrate Respect: Be on Time and Prepared.
- Exhibit a positive attitude: Encourage your classmates.

CLASS POLICIES

- All liability (lost or stolen items) lies with the responsibility of the student.
- We strongly urge all individuals to leave any valuables in their hall lockers or at home. *Ultimately, you are responsible for your belongings!* Do not bring valuable items to school. Do not leave valuables sitting out in the locker room.
- Students are not allowed to leave the class area without the teacher's permission.

Additional rules:

- A. Cell phones are not to be used or visible while in class.
- B. There will be no horseplay.
- C. Do not eat, drink, or chew gum in the gym.
- D. Do not shoot any half court shots

Detach below the line and return to the teacher.

BY SIGNING THIS SYLLABUS, I AM STATING THAT I UNDERSTAND THE RULES, GRADING PROCEDURE AND GUIDELINES OF WEIGHT TRAINING.

Student Signature: _____

Parent Signature: _____

Please describe Medical issues that may affect class participation