

Weight Training (PE 3 & 4)

Andrew Christie (Weight Room)

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My name is Andrew Christie and I look forward to working with you this semester in Weight Training. This is my first full year teaching at the high school level. I have five years of coaching experience overall. I also am a varsity football assistant and the head junior varsity coach. In the class students will train consistently, sensibly and systematically to increase their strength and overall fitness. It is my hope that by laying the foundation of physical fitness during their high school years that we set our student along the path to a lifetime of healthy living.

Rules

1. Be on Time
2. Be Prepared for class (dressing out)
3. Adhere to all safety guidelines and/or rules
4. RESPECT!! (teacher, classmates)
5. Be accountable for your actions

Student Responsibilities

- Students should arrive to class on time and prepared for physical activity
- All materials that are non-essential in class, are to be left in the designated areas
- Appropriate fitness attire should be brought to school every day
- Students are expected to give their best effort in class and be open to new ideas, activities and games
- Participation in a safe and orderly manner is mandatory for the entire class period

Injury/Illness/Absences

- A doctor's note is required for inability to participate for three or more days
- Students are required to dress out regardless of injury or illness
- Students are expected to participate to the best of their abilities at all times
- Students should adhere to school policy on days allotted to make up work

Valuables/Electronics

- Do not bring valuables or electronics to class
- If you do bring valuables to class, a collection box will be provided
- Please note that school staff are not responsible for broken, lost or stolen property

Discipline Plan

I believe in communication. If you, the student, or your parent has any questions about discipline or grades, talk to me. With that being said, here is how discipline will be handled. The warning, and 1 on 1 meeting, will be logged for documentation purposes.

- 1st time...warning (may be verbal or written)
- 2nd time...1 on 1 meeting w/ student
- 3rd time... contact parent
- 4th time... referral to administration

Materials Required			
Athletic apparel			
Closed toe athletic shoes			
Grading Policy			
Participation	60%		
Dress Out	40%		

Make-up work: It is the student's responsibility to make up their time missed in class. This can be done by two options. The documented attendance of a FTS sporting event or the completion of a short essay about sports, exercise science and/or any health related topic. The make up work must be submitted by the grade submission date for the quarter in which the days were missed.

Please encourage your students to be responsible for his/her learning. Attendance, class participation, completion of assignments are a must. I do not give the grade I simply enter them. I am here to help. Please do not hesitate to contact me at any time. Please sign below to indicate your understanding and support of the classroom system.

Please Return to Physical Education Teacher

Student Signature: _____

Date: _____

Parent/Guardian Signature: _____

Daytime Phone: _____

Evening Phone: _____

Student Signature _____

Parent/Guardian Signature: _____

Parent/Guardian Phone Number & Email: _____