Physical Education  
Advanced Volleyball / Softball Syllabus

I. Instructor – Megan Bowers  
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Phone Number 547-7300  
Appointment Times - 8:35 – 9:00am

II. Course – Advanced Volleyball / Softball  
Location : Gym / School field

III. Text and Materials -  
No text is required for the class. Study sheets will be provided for exams. Students will be required to wear a PE uniform or follow the PE dress requirement daily. Uniform can be purchased at school for $25. If you do not wish to purchase a uniform, you must wear a plain gray t-shirt and red shorts.

IV. Course Overview /Major Concepts  
The purpose of this course is to provide students with the opportunity to acquire a knowledge of volleyball / softball. Students will develop skills, learn strategies and maintain or improve their level of fitness.

Major Concepts  
Students will demonstrate....  
- use of techniques, strategies, and sportsmanship in volleyball / softball.  
- knowledge of rules and terminology.  
- an improved level of skill in volleyball / softball.  
- use of safety practices as it relates to volleyball / softball.

V. Course Policies  
Students will be required to dress out daily for class unless otherwise instructed. Proper attire is defined as “a change from their school clothes into the required PE uniform or dress requirement of a plain gray t-shirt and red shorts and proper gym shoes. On cold days, sweat pants of any color may be worn. Dressing out is considered part of the students participation grade. If a student does not dress out they cannot participate in the day’s activities.

Attendance policy of Creekside High School will be strictly enforced.

VI. Class Expectations:  
Students will be given five minutes to change before class and five before class ends.  
- All students will remain in the weight room until they are dismissed.  
- Any injuries or emergencies must be reported to the teacher during the class period so the proper action can be taken.

Participations/Excuses:  
- A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.  
- Medical Excuses: Any student who may not be able to participate for an extended period of time for medical reasons is required to have an excuse from a doctor. This excuse needs to be descriptive letting me know what the student can and cannot do.  
- Attendance: Students need to be in class to complete the required class work. Being late for class and or leaving early from class will also lower grade. If a student is absent, they will have the opportunity to make up the missed work in class or by doing a weight training / fitness article review.
VII. **Grading**

Students start the class with 100 points. It is their responsibility to keep these points. 5 points will be deducted from a grade for the failure to perform any of the following daily requirements:

1. Dress Out
2. Stretching and running
3. Participation in the assigned activity
4. Skills activities

**Each student starts the quarter with 100 pts.**
- 5pts No Dress Out (this includes flips flops), No Activity
- 3pts Dress Out Properly, Partial Participation
- 2pts Partial Dress Out, Full Participation
- 0pts Dress Out and Participate Properly

The student’s nine weeks’ grade will be made up of the following:
1. Participation 80%
2. Quizzes 20%

The student’s semester grade will be made up of the following:
1. 1st nine weeks grade 45%
2. 2nd nine weeks grade 45%
3. Semester Exam 10%

**ESE & ELL accommodations will be addressed within the classroom.**

VIII. **Classroom Rules**

1. Exhibit sportsmanship in all activities
2. No hats are to be worn indoors
3. Respect the school’s and other people’s property
4. Dress out for class daily
5. You will follow directions the first time they are given
6. No food, drink, or gum in the gym
7. You will follow those policies in your code of conduct handbook
8. You are expected to come prepared for class
9. Do not leave the gym without permission