

**WEST CENTRAL HIGH SCHOOL  
PHYSICAL EDUCATION**

**INSTRUCTOR**

Barry Matthies

**BASIC STRENGTH AND CONDITIONING**

The student will receive instruction in a variety of activities to improve their strength and cardio.

**COURSE REQUIREMENTS/ASSIGNMENTS**

Students will be graded on their daily effort, attitude, and how much they improve (these are the largest areas that make up their grade). Some other areas of grading include written assignments, tests, and paperwork on their lifting workout.

**DRESS POLICIES**

1. Footwear: Shoes must be worn at all times. Only athletic shoes are permissible. Laces must be tied at all times to prevent slipping or tripping.
  
2. Lower Body Wear: Students are required to wear either athletic shorts or athletic sweatpants. Blue jeans, dress pants, fatigues, and non-athletic are not permitted.
  
3. Upper Body Wear: T-shirts (no cut offs or sleeveless) or sweatshirts are required. Dress shirts, any shirts with buttons, cut up tank tops, or any shirt with language/pictures that are not in good taste are not allowed.
  
4. If you do not have the proper dress for PE class – you will not be allowed to participate in class. You will be required to make up the time (60 minutes).
  1. 1<sup>st</sup> time – 80%
  2. 2<sup>nd</sup> time – 50% Detention
  3. 3<sup>rd</sup> time -- 0% Office referral (Saturday school)

**LOCKER ROOM**

1. Please do not bring valuables to class. Always lock your belongings during class and after class!.
  
2. No horseplay in the locker room/shower area will be tolerated.
  
3. Keep locker room clean and everything off the floor.
  
4. Bring a towel to shower (not required but highly encouraged)

### **ATTENDANCE**

When students miss a day they must make up that time doing some kind of physical activity to get credit for that class period. They must workout for 60 minutes and have a parent or guardian sign the make up slips (the students will get from Mr. Matthies) recording their activity. The students may choose the physical activity they want to do. If not make up slip is not received after two days, they will receive a zero for that class period.

The students need to be in their PE spots 4 minutes after the 2<sup>nd</sup> bell rings or they are tardy.

### **BASIC SCHEDULE**

Cardio activity – 15 minutes

Lifting activity – 35 minutes

Cardio activity/game - 20 minutes