

**Coach Love  
And  
Mrs. Nordyke  
HEALTH/PHYSICAL EDUCATION**



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**CONTENT:**

This semester we will push you to try new activities that you might not have tried or heard of before. We could cover some of these activities such as soccer, basketball, pickle ball, volleyball, angle ball and football just to mention a few.

Once a week we will cover Health Education. Wednesday is our fitness/health day. Subjects covered can include but not limited to: stress, peer pressure, body image, drugs and nutrition.

**EXPECTATIONS:**

Every day you must enter the gym with a positive attitude, good sportsmanship and ready to obey the following rules.

- Wear sneakers/tennis shoes (no sandals, flip flops or boots)
- No food, drink or candy in the gym (gum is allowed)
- Participate in stretching and activities
- Have RESPECT for others and their belongings
- Keep your hands and feet to yourself at all times
- All personal items should be locked up in your lockers (cell phones, etc.)
- Do not leave gym without permission unless it is the first or last 5 minutes of class (see below)

### **CLASSROOM RULES AND PROCEDURES:**

- Enter into gym and do the following:
  - \*get dressed in PE clothes
  - \*go to bathroom/get drink of water (only 3 people at the water fountain at a time)
  - \*begin to walk to music
- \* Listen for whistle or music to stop
- \* Get into squad spots
- \* Wait for instructions from Coach Love and/or Mrs. Nordyke
- \*DO NOT ASK..... "WHAT WE ARE BE DOING?"
- \* Students are not allowed in Coach Love's or Mrs. Nordyke's office without permission.

### **GRADING:**

Each day you are allotted 20 points, it is your job to keep them. Ways to lose points are as follows:

No tennis shoes or proper attire  
 Not stretching  
 Not participating in activity  
 Being disrespectful to guest speakers

### **DISCIPLINE:**

Disrupting class, behavior issues, disrespecting Coach Love and/or Mrs. Nordyke or your classmates, leaving class without permission will not be tolerated and the appropriate actions will be taken.

Order of action:

Verbal warning  
 Conference with student  
 Call home to parent/guardian  
 Office referral

**TEACHER/STUDENT CHALLENGES:**

There will be several teacher/student challenges throughout the semester. Coach Love and Mrs. Nordyke hold the right to pick students based on but not limited to the following:

Student's attitude and behavior in class

Tournament Champs

I \_\_\_\_\_, HAVE READ AND UNDERSTAND THE PRECEDING  
RULES AND PROCEDURES FOR PHYSICAL EDUCATION/HEALTH CLASS.

***COME TO CLASS PREPARED TO HAVE FUN!!!***