

## What Will You Learn?

Tecumseh High School's physical education program takes pride in straying away from basic sports seen in PE programs worldwide.

Some of the sports or activities you or your student will be learning include:

- Badminton
- Pickleball
- Disc golf
- Ultimate Frisbee
- Archery
- Strength and conditioning
- Geocaching
- ...and many more!

We will also include some related healthy living topics, including:

- Barriers to Healthy Living
- Body Systems
- Healthy Living Strategies

If you want to know more, please feel free to email your instructor, Haley Barnes, at:  
[hbarnes@adrian.edu](mailto:hbarnes@adrian.edu).

## Get Involved!

There are many after-school activities that students can get involved in that are closely related to our physical education program.

Some of these activities or clubs students can participate in include:

- Ping-Pong Club
  - Tuesdays 3:00-4:30
  - Tournaments
- Open-Gym Basketball
  - Thursdays 3:00-4:30
  - 3v3 Tournaments
  - Pick-up games
- Fitness Club
  - Wednesdays 3:00-4:30
  - Develop your own fitness program
- Mountain Bike Club
  - Mondays 3:00-4:30
  - September-November
  - Bike the trails behind the school

For more information on how to get involved, contact our Recreational Advisor, Jacob Morrow, at:  
[jmorrow@adrian.edu](mailto:jmorrow@adrian.edu).

# Tecumseh High School

## Physical Education Department



**Instructor: Ms. Barnes**  
**Recreational Advisor:**  
**Mr. Morrow**

## Philosophy

*Our philosophy of physical education is that educators should provide a safe, fun and effective learning environment for students. Students will develop functional knowledge to be able to live a happy and healthy lifestyle by learning fundamental skills and concepts.*



## Class Rules

1. Respect your classmates and your teacher.
2. Always give your best effort during class time.
3. Come prepared to participate with a positive attitude.
4. Have FUN!

## Classroom Routines

The staff of the THS physical education department has developed a set of class routines that should be respected when in a physical education class. They are:

1. When entering class from the locker room, students will read and do the warm-up on the whiteboard.
2. Squad leaders will lead their squads in the warm-up. These squad leaders will change every week.
3. After warming up, students will meet at their squad spots by the Home bleachers and wait for further instruction.
4. Attendance will be taken at squad spots. Students must bring a pass with them if they are late, or else they will be marked tardy.
5. Bathroom passes are located next to the whiteboard. Students will write their name and the time they leave on the board, and will be allotted five minutes to return.
6. Students who are not dressed will do an alternative activity from the tray on the cart next to the whiteboard.
7. Absences must be excused in advance to class time. If a student is absent, they may grab any missed worksheets or an activity log from

the folder on Ms. Barnes' office door. This assignment will be due the following day.

8. Cell phones and other electronic devices are to be left in the locker room unless deemed appropriate for class by Ms. Barnes.
9. Locker rooms will be locked for the duration of class. Every student will be asked to use a lock on their locker. If you cannot do so, see Ms. Barnes.
10. Class will be dismissed to the locker rooms 10 minutes prior to the bell. Students will be asked to remain in the locker room until the bell rings.

## Grading Policy

Grades will be given according to the following standards:

Participation: 20%  
Written assessments: 20%  
Performance assessments: 20%  
Final Project: 40%

We will utilize the following grading scale:

A = 90-100	B = 80-89
C = 70-79	D = 60-69
E = 50-59	F = 0-50