

Flag Football Class Syllabus

“The achievements of an organization are the results of the combined effort of each individual.”

Vince Lombardi

Welcome to Flag Football. You will be active in this class while having fun. The quote by Vince Lombardi illustrates that for the team to be successful it will take each students best effort. Giving your best effort everyday will be the key to being successful in this class. You will be getting into good physical condition in this class as well as learning more about the game of football.

Instructor Information:

Kevin Kornegay, Valencia High School PE Department Chair. He has been a teacher in the Wm S. Hart District since 1989. He received his Bachelors Degree of Exercise and Sports Science from the University of Utah (1988) and his Masters Degree of Education from the University of La Verne (1995).

Prerequisites:

No prior experience needed. The class spends the first few weeks reinforcing basic football skills (Passing, Catching, and Snapping).

Course Objectives:

- Students will learn to work in teams
- Students will learn the basics: throwing, catching, and snapping the football
- Students will learn to referee games and become familiar with game terms
- Students will increase their individual fitness level throughout the semester
- Students will practice fairplay, sportsmanship, and team work everyday

Required Course Materials:

Valencia PE shirt and shorts with “last” name clearly printed on them in space provided.

Wear shoes with laces and socks. Rubber bottom cleats are recommended for the flag football class except on fitness run days. Boots, slippers, and flip flop beach shoes are not allowed. Proper shoes must be worn at all times.

Please leave all jewelry, glasses, and cell phones in your locked PE locker.

Course Schedule:

- Skills and Drills.
- Pre-season with small group skills work.
- Regular season. Game schedules and overall records will be posted on my office window and updated daily. Ending in playoffs with a super bowl champion crowned.
- NFL and College season.
- 1, 2, 3, 4’s season.
- Capture the flag.
- Ultimate Frisbee.

Points:

- 10 points per day = Participation. Dressed appropriately and on time for class. Participation in the day’s activities. Missing class will results in loss of the days participation points.
- 10/20 points for assigned fitness runs at least once per week.
- 10 points for any written assignment assigned. Students are required to write an essay each semester in PE.
- -50 points for a non-dress.

Grading:

- 60% for dress and participation
- 30% for fitness runs
- 10% for anything written.

Rules:

Valencia PE flag football rules are located on the PE website.

Make-up:

Points may be made up with teacher permission only. See teacher before school, at the beginning or end of each period.

Missed assignments:

Any missed assignment due to illness or injury must be made up at a later date.

Questions:

Email is the best way to get a quick response to any questions you may have.

Contact Info: Kkorneg@hartdistrict.org

Flag Football Class Syllabus Valencia High School

Kevin Kornegay kkorneg@hartdistrict.org

Course Outline Certification

Please sign and return this certification indicating you have read and understand the information on the course outline

Teacher: _____ Period: _____

Student Name (Print): _____

Parent/Guardian(Print): _____

Note to teacher:

My signature below indicates that I have read and understand the requirements for this class as outlined in this course orientation.

Student signature: _____ date: _____

Parent/Guardian signature: _____ date: _____

Parent/Guardian signature: _____ date: _____