



Sami Z.

HEALTH DEPARTMENT

CLASSES TAUGHT:
Health, Physical Education,
Fitness Training, Team Sports

ABOUT ME:

I earned my degree in kinesiology from Wayne State University with the initial goal of becoming a physical therapist. However, I later discovered a profound passion for education, which inspired me to pursue a master's degree in leadership from Michigan State University.

Throughout my career, I have had the privilege of teaching physical education in diverse settings, including public, charter, and private schools. Outside of education, I am an avid car enthusiast and enjoy participating in car meets and connecting with fellow enthusiasts. I am dedicated to making fitness both enjoyable and effective, and I look forward to a year of fostering movement and growth in the gym.

GRADING POLICY

Grades are based on a total points system for both PE and health. In PE, students can earn up to 4 points daily for preparedness, participation, following directions, and behavior and sportsmanship. Assessments on fitness concepts and sport rules also contribute to the final grade. In health, points are awarded for daily activities, assignments, and assessments, all managed through Google Classroom. The final grade reflects the total points accumulated throughout the course.

HOMEWORK/LATE WORK POLICY

Homework and assignments are submitted through Google Classroom. Late assignments will be accepted, but points may be deducted based on the delay and school policy. It is the student's responsibility to complete and submit any missing or late work in a timely manner to ensure it is reflected in the final grade.

HOW CAN A STUDENT SUCCEED IN YOUR CLASS?

To do well in my classes, students should approach each lesson with a positive attitude and a willingness to try new activities. Regular participation and effort are key to improvement and understanding. Being prepared with the right attire and materials helps maximize engagement. Actively participating in discussions and applying what's learned to daily life will enhance the experience. Setting personal goals and reflecting on progress will also keep students motivated and on track.

BEST WAY TO CONTACT YOU/COMMUNICATE

Email is my preferred method of communication. Please contact me at zaman@bishopfoley.org with any questions or concerns about assignments, grades, or class-related issues.

