**GRIMSLEY HEALTH AND PHYSICAL EDUCATION SYLLABUS**

**2018-2019**

**PHYSICAL EDUCATION**

**OVERVIEW:**

This physical education class follows the guidelines established in the North Carolina Essential Standards. We will focus on developing skill and competency in both team sports and individual lifetime activities with a major emphasis on fitness. Units will last for approximately ten days then students will rotate to health education for approximately ten days throughout the year. All school rules will apply in addition to those listed here.

**OBJECTIVES:**

* Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics
* Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
* Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activities.
* Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.
* Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.
* Use complex movement principles to evaluate and improve performance.
* Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.
* Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
* Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.
* Analyze the relationship between the six sports-related components and the five health-related components of fitness.
* Implement leadership skills to promote responsibility in self and others.
* Select the most appropriate ways of responding and mediate to settle conflicts.
* Explain the influence of physical activity on cultural competence and the development of self-awareness.

**PROPER DRESS FOR CLASS:**

1. A complete **change** of athletic clothing must be worn. The Grimsley PE uniform is required. It will be a t-shirt, shorts with Grimsley logos, socks, and tennis shoes. If shorts are not worn due to religious or health reasons, then sweat pants may be worn. No school clothes should be worn over or under physical education clothes. Shorts can be no more than three inches above the knee. Under garments should not be visible under your PE uniform. PE uniforms will be available to purchase online. If you cannot purchase a uniform, please see your PE teacher.
2. Five points will be deducted for not being dressed in the proper PE uniform.
3. Classes may be held outdoors in the fall and spring. Be prepared daily with a jacket, sweatshirt and/or sweatpants.
4. No jewelry should be worn during class since it can pose a safety hazard.
5. You must get dressed for class everyday, even if you are excused from activity for medical reasons.

**LOCKER AND LOCKER ROOMS:**

1. Students are to meet their teacher at a designated location in the gym before the tardy bell rings. The teacher will then dismiss the class to the locker rooms.
2. Students are to get dressed quickly and exit the locker room. Put all of your personal items in your locker and lock it. The locker room will be locked during class time. The physical education locker room is the only one that may be used.
3. A combination lock will be provided (no key locks will be allowed) and the teacher will record the combination. The combination should not be shared with other students. You will be charged $5.00 for a lost lock.
4. Once class begins students will not be allowed back into the locker room without permission from the teacher.
5. **Leave all electronics in your locker (cell phones, Ipods, MP3 players, etc.). Any of these items seen during class will result in the student being sent to SI/ISS.**
6. Valuable belongings must be locked in a locker during class. No book bags or personal items will be allowed to remain in the gym or bleachers. Leaving valuables lying around is only inviting theft. The PE staff will not be responsible for lost or stolen articles.

**BATHROOM POLICY**

Students are expected to use the restroom before class begins in the locker room or in the lobby restroom.

**TARDY POLICY**

Students are counted tardy if they are not in the building when the bell rings.

1st tardy = Warning and parent contact

2nd Tardy = Lunch detention in the classroom/gym and parent contact

3rd Tardy = Lunch detention in the classroom/gym and parent contact

4th Tardy = Administrative referral and parent contact

**ELECTRONICS POLICY**

Students are to lock their electronic devices in the locker room locker. Anyone who brings an electronic device out to the gym area will be sent to SI/ISS.

**CLASS EXPECTATIONS:**

1. Students will be given 5 minutes after the tardy bell and 5 minutes at the end of class to change clothes.
2. No gum chewing is allowed in class and absolutely no food or drink is to be consumed in the gym or locker room areas. Food and drink will be confiscated and thrown away.
3. All students will remain in the gym on the hardwood floor until the bell rings to end the period and they are dismissed by a teacher.
4. Any injuries or emergencies must be reported to the teacher during the class period so that proper action can be taken.
5. No student may leave the class, gym, or locker room areas without permission from the teacher. The lobby restrooms are off limits unless a teacher has given permission.
6. No one is allowed in the equipment bin without permission from the teacher.
7. Directions must be followed the first time given.
8. Abuse, destruction or misuse of equipment will not be tolerated.
9. Obscene language, gestures, harassment or disrespect will not be tolerated.
10. Please do not open the outside doors without a teacher’s permission.

**PARTICIPATION EXCUSE:**

1. A student well enough to be in school is generally well enough to be dressed and participating in class. Any exception to this will be handled on an individual basis.
2. A note from a doctor is required to excuse a student due to injury or illness for more than 2 days.
3. Any student with an excused absence from school or excused from class participation will be required to make-up the points to get credit for classes missed.

**GRADING REQUIREMENTS:**

1. The points earned will determine a student’s grade. Points will be earned for proper dress and for class participation. There may also be a class project, skill tests, and written tests. The grades will be weighted as follows: PE = 50% Health = 50%
2. The PE portion of the grade will include: Dressing Out = 25% and Participation = 25%.
3. Dress out points will be determined as follows:

* 0 days missed = 50 points
* 1 day missed = 45 points
* 2 days missed = 40 points
* 3 days missed = 35 points
* And so on

1. Participation points will be determined in the same manner. All students are expected to actively participate in all activities.

**TESTING**

Tests will be given in physical education over rules and skills of the activities taught. The test will be given the last day of the PE unit.

**GRADING SCALE**

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = LESS THAN 60

**TUTORING AND HOW TO EARN MAKE-UP POINTS FOR ABSENCES OR MEDICAL EXCUSES FROM CLASS:**

Make-up points can be earned by staying after school for 30 minutes. You must be in the health classroom by 4:05PM and sign in to receive credit.

You will need to make individual arrangements with your teacher.

It is the responsibility of the student to earn the required points. Every student in this class can earn a good grade by participating each day and making up points for missed classes.

**HEALTH EDUCATION**

**OVERVIEW:**

* Mental and Emotional Health
* Personal and Consumer Health
* Nutrition/Weight Management
* Reproductive Health and Safety
* Substance Abuse Prevention

**OBJECTIVES:**

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| --- |
| * Create positive stress management strategies. |
| * Create help-seeking strategies for depression and mental disorders. |
| * Analyze wellness, disease prevention, and recognition of symptoms. |
| * Evaluate health information and products. |
| * Understand necessary steps to prevent and respond to unintentional injury. |
| * Understand healthy and effective interpersonal communication and relationships |
| * Evaluate abstinence from sexual intercourse as a positive choice for young people. |
| * Create strategies that develop and maintain reproductive and sexual health. |
| * Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness. |
| * Create strategies to consume a variety of nutrient dense foods and beverages in moderation. |
| * Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders. |
| * Apply lifelong nutrition and health-related fitness concepts to enhance quality of life. |
| * Understand the health risks associated with alcohol, tobacco, and other drug use. |
| * Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use. |

**HOMEWORK/LATE WORK**

Homework will rarely be given during health or PE class.

Late work and make up work will be accepted 2 weeks after the due date. Extenuating circumstances may be considered if more time is needed to complete work.

**MATERIALS NEEDED FOR HEALTH EDUCATION INCLUDE:**

* 1 inch 3-ring binder or separate section of large binder used for all classes
* Loose leaf paper
* Pen or pencil

**Parents, please help your child to come to class prepared with the appropriate materials. The student notebook will be graded at the end of each 2 week unit. If a student does not come to class prepared it will be very difficult to achieve a passing grade for the class.**

**CLASS EXPECTATIONS:**

* Be in your seat before the tardy bell rings.
* Upon entering the classroom students are to begin the warm-up activity
* Sharpen pencils at the beginning of class.
* Raise your hand and wait to be recognized before speaking.
* Show respect for teachers and students at all times.
* Participate in all class activities and assignments to the best of your ability.
* No food or drinks will be allowed in the classroom unless written permission has been granted for medical reasons.
* Students will not be allowed to leave class in the first or last 10 minutes of the period.

**TARDY POLICY**

* Students are counted tardy if they are not in the building when the bell rings.
* 1st tardy = Warning and parent contact
* 2nd Tardy = Lunch detention in the classroom/gym and parent contact
* 3rd Tardy = Lunch detention in the classroom/gym and parent contact
* 4th Tardy = Administrative referral and parent contact

**BATHROOM POLICY**

Students should try to use the restroom during the passing period. If a student must use the restroom during class he/she may do so after the first 10 minutes and before the last 10 minutes of the period.

**ELECTRONICS POLICY**

Students are to keep their electronic devices in his/her book bag. Anyone who has an electronic device out during instructional time will be sent to SI/ISS.

**TESTING**

Tests and notebook checks will be given the last day of the health unit.

**GRADING REQUIREMENTS**

A student’s grade will be determined by combining both the PE and health education grades. Health=50% and PE=50%.

We look forward to a fun and exciting year! Thank you for your anticipated cooperation.

Detach here and return to your Health/ PE teacher.

Print student name here\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**I have read the Grimsley High School Health and Physical Education syllabus and agree to abide by the rules and regulations.**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Contact information:**

**Phone # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Allergies/Health problems\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**