

**HEALTH & PHYSICAL EDUCATION SYLLABUS**

**Contact Information:**

* Ms. Haggerty
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* Mr. Polanco
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**Physical Education & Health Philosophy**

* The purpose of this class is to provide opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

**Classroom Rules**

* Rule #1- Respect Self
* Rule #2- Respect Others
* Rule #3- Respect the Things We Use

**Student Goals**

* To exercise and be physically active daily
* To learn the importance of healthy living and eating
* To develop teamwork skills
* To become a goal setter
* To practice mental health exercises
* To HAVE FUN!!

**Expectations**

* Bring the required materials to class:
  + PE clothes- Students will be active during class, so we ask that students do their best to wear clothes that do not prevent them from moving freely
  + PE shoes- Tennis shoes are preferred to prevent any injuries during physical activity. Students will be going outside at various times of the day, so we ask that students not bring shoes that they can’t get dirty (morning dew on grass, dirt from baseball field, etc.…)
  + Notebook-Health Class (journal entries/assignments)
* PARTICIPATE!!!
  + Physical education is a movement-based class and the students’ grades will greatly reflect their participation in our daily physical activities
* NO FOOD OR DRINK, EXCEPT WATER
* NO CELL PHONES

**Grading**

* 40%- Daily Journal
* 30%- Classwork (participation, projects)
* 30%- Health (assignments, quizzes, tests)
  + If a student is absent, they will have 3 days upon their return to school to turn in any make-up work or lose the opportunity to complete the assignment
* Each student’s PE Quarterly grade starts with 100%. If assignments or requirements are not fulfilled points will be deducted daily as follows
  + 0-5 points: Inappropriate clothing for physical activity, wearing accessories (earbuds, etc.), mis-using PE equipment
  + 5-10 points: Non-participation or lack of effort, use of cell phone
  + 5 points per day- After 3 tardies
  + If made up within 3-day window, 100% of points may be regained. After 3 days, a maximum of 70%

**Conferences**

* Ms. Haggerty
  + Scheduled meeting
* Mr. Polanco
  + Scheduled meeting

**Other Important Information**

* Medical Excuses: Students that have a medical reason for not participating on a given day must provide a doctor’s note stating how long you are to be excused from class. A written assignment may be given.
* Mrs. McLean, a Guilford County School Health Resource Teacher will be coming in to teach Health from **December 5 - March 3**
* Health will be one-week block and then rotate to PE for one week (subject to change)

**Cellphone Policy**

* No cellphones allowed out during class time
* No earbuds allowed out during class time
* Violations:
  + 1st Offense- Verbal Warning (asked to put away)
  + 2nd Offense- Parent Contact
  + 3rd Offense- 30-minute detention
  + 4th Offense- Referral to Administration

**Tardy Policy**

* 1st Tardy- Verbal Warning
* 2nd Tardy- Parent Contact
* 3rd Tardy- 30-minute detention
* 4th Tardy- Referral to Administration

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

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