

**Western Guilford High School
Healthful Living Physical Education
Choice Led Health Education
Course Syllabus**



Choice Led Health Education Course Materials:

1. All content is online, therefore a textbook is not required
2. Access web-tools to complete student choice projects
3. Laptop, Tablet, Headphones and Notebook

Healthful Living Physical Education Course Materials:

1. Gym shoes, t-shirts, and shorts

Choice Led Health Course Description:

Choice Led Health is a skills-based health curriculum providing student learning experiences to deepen their knowledge, attitudes, and skills using a variety of participatory methods. A choice led health teacher personalizes instruction for all learners by providing a variety of “student choice and voice” assignments aligned with national and state health education standards. A choice led health classroom provides numerous solutions to increase student attention, recall information, and practice health related skills for a lifetime.

Healthful Living Physical Education Course Description:

Physical Education and physical activity are integral to academic achievement and the emotional and physical health of our students. Research supports that healthy, active, fit children perform better academically, so keeping students safe, healthy, and ready to learn is our primary responsibility. The goal of this healthful living course is to provide students with the strategies and skills needed to assist them in leading a healthy, active lifestyle. This healthful living course will focus on teaching skills as well as content. In physical education, more of the skills are psychomotor or movement skills. This curriculum is based on the premise that knowledge in itself does not change behavior, but that learning and practicing skills promotes the adoption of learning from both discipline areas into daily life.

Essential Choice Led Health Concepts:

1. Create help-seeking strategies for depression and mental disorders.
2. Evaluate health information and products.
3. Analyze wellness, disease prevention, and recognition of symptoms.
4. Evaluate health information and products.
5. Understand necessary steps to prevent and respond to unintentional injury.
6. Understand healthy and effective interpersonal communication and relationships.

7. Evaluate abstinence from sexual intercourse as a positive choice for young people.
8. Create strategies that develop and maintain reproductive and sexual health.
9. Analyze strategies using tools (MyPlate, Dietary Guidelines, Nutrition Facts Label) to plan healthy nutrition and fitness.
10. Create strategies to consume a variety of nutrient-dense foods and beverages and to consume less calorie dense and empty calorie foods.
11. Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.
12. Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.
13. Understand the health risks associated with alcohol, tobacco, and other drug use.
14. Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.

Essential Healthful Living Physical Education Strands: [NC Physical Education Standards](#)

1. Motor skills
2. Movement Concepts
3. Health-Related Fitness
4. Personal/ Social Responsibility

Course Requirements Choice Led Health Curriculum:

1. Complete all modules and assignments
2. Upload course assignments
3. Consistent communication with course instructor

In Person Course Requirements:

General

1. Participate Daily
2. Be Prepared For Class
3. Respect Yourself, Classmates, Content and Instructor
4. Use Appropriate Language (No Profanity)
5. Appropriate Technology Usage
6. Hall passes are required to be outside the classroom/gym. No one may leave the first or last 10 minutes of class.

Health

1. Respect the classroom and all its contents. This includes material and people!!!
2. Food or drink will not be allowed in the classroom. Bottled water is ok.
3. Electronics are allowed for course completion only. (Laptop or Tablet Only)
4. Students are responsible for obtaining missed assignments from the teacher and making arrangements for completing work. Students have 5 days to make-up any missing assignments. Work will not be accepted after the fifth day.
5. **BE ON TIME!!** You must be in the classroom when the bell rings. If you are not in the classroom you will be marked tardy. Remember 3 tardies = 1 absence.

Physical Education

1. You must be in the gym when the bell rings or you are tardy. You should be ready to participate 5 minutes after the bell.
2. **No gum, no food, no drinks, allowed in the locker room or the gym. ANY ITEMS FOUND WILL BE CONFISCATED!!!!**
3. If you are sick and unable to participate, you will be expected to make up the day you missed.
4. Please do not wear any jewelry to class.
5. **Electronics are students responsibility---Please put away your electronics before class starts or don't bring them.**
6. **Each student will need to provide his or her own lock for P.E.**

Grading Procedures:

Process 60%

Classwork/Participation/ Quizzes

(PE Participation, Guided Notes, Current Events, Choice Led Health Assignments (Table Talks, Starter, Appetizer)

Product 40%

Tests/Projects:

(Health Assessments, Choice Led Health Assignments (Entrée & Dessert)

Guilford County Schools Grading Scale:

A: 100-90

B: 89-80

C: 79-70

D: 69-60

F: 59-0

****Each student's P.E. Quarterly grade starts with 100%. If assignments or requirements are not fulfilled points will be deducted daily as follows:**

- 5-10 points – Non Participation or Lack Effort

- 0-5 points- Inappropriate Clothing for physical activity

- 5 Points per day- After 3 absences

o If made up within 5 day window, 100% of points may be regained. After 3 days, a maximum of 70%.

Tardy policy:

1st Warning

2nd Warning

3rd Teacher contacts parent and/or guardian & documents contact

4th Teacher contacts parent and/or guardian & documents contact

5th Teacher contacts parent and/ or guardian, documents contact & refers student to administration for disciplinary actions

TARDIES WILL BE DOCUMENTED BY INSTRUCTOR

****If a student becomes disruptive to the point that class cannot be conducted, they will be immediately referred to an administrator.**

GRADE RECOVERY POLICY

Is an intervention offered at the end of each quarter to any student who is failing a course. Students may recover a passing grade of a 60 by completing 100% of the acceleration assignment with an overall average no lower than 60 within the quarterly acceleration time frame. Students will access grade recovery assignments through canvas.. Students will receive a written contract and will have ten days to complete acceleration.

Electronic Device Steps

1st offense: Verbal warning

2nd offense: Device is taken and returned to the student at the end of the class period.
Parent/guardian contacted.

3rd offense: Device is taken, given to the front office, and returned at the end of the school day to the student. Parent/guardian contacted. Students will be required to sign the Electronic Release Form in the main office.

4th offense: Device is taken and given to the front office. Parent/guardian contacted. Parents are required to pick up the student's device from the main office and sign the Electronic Release Form.