

**Northern Guilford High School**

**Coach Friedman, Aux Gym**

**Course Overview 2022-23**

**Welcome to Physical Education**

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| **NGHS Vision** |
| Northern Guilford High School will equip and prepare all graduates with a career plan, apprenticeship, enlistment agreement, or acceptance letter to a post-secondary school. |
| **NGHS Mission** |
| Northern Guilford High School empowers lifelong learners who exhibit wisdom, hope, and integrity. |

**Welcome to the 2022-23 school year at Northern Guilford HS**

Hello, my name is Barry Friedman, and I have had the pleasure teaching physical education & health to all grade levels for the previous 20 years. This year my journey brought me to Nighthawk Nation where I will also serve as an assistant boys’ varsity basketball coach. I certainly look forward to educating students on the numerous mind & body benefits of being physically fit.

**Email:** friedmb@gcsnc.com

**Canvas:** Daily Announcements, Assignments, Discussions will be posted daily on the class CANVAS Page.

**PE COURSE DESCRIPTIONS ON PAGE 2**

* Health & PE 1
* Team Sports 1
* Team Sports 2

**Flex Period**

Tutoring for this course is for any student with a grade of D or F in the course. Please see me to set up a day when needed. **\*\*Teacher may also require student to attend for makeup or late work.**

**Grading Scale**

1. 90-100%
2. 80-89%
3. 70-79%
4. 60-69%

F Below 60%

**Makeup Work Policy**

Students are expected to make up work assigned during the absence(s) within 3 school days of the student's return to school. The actual grade earned will be recorded. The responsibility for make-up work lies with the student.

**Late Work Policy**

Students may turn in assignments up to seven calendar days after the due date with a 15 point penalty. **After seven calendar days, the work will not be accepted.**\*\*

***“THE ROAD TO SUCCESS IS ALWAYS UNDER CONSTUCTION”***

 ***-Morgan Wooten***

**Materials Required Daily**

* Charged GCS Chromebook and charger
* OneCard
* PE UNIFORM

**Health & PE 1**

This class includes equal time for health and physical education. Health emphasizes personal and community lifelong issues, such as nutrition, substance abuse, mental health, individual decision–making, and interpersonal skill development. Physical education includes refining basic skills learned in middle school, participation in fitness activities and assessments, a variety of individual and team sports, and recreational activities.

**Grading Policy**

Tests: 15%

Health: 15%

Weekly grade: 70%

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**TEAM SPORTS 1**

This course is designed to include the development of general personal fitness, and active participation in team sports, such as basketball, soccer, flag football, lacrosse, volleyball, and softball. Activities are equally divided within the total weeks of instruction. This course includes the history, rules, and terminology with an emphasis in skill development, officiating, game strategies, and leadership.

**Grading Policy**

PE Uniform: 15%

Fitness Tests: 15%

Participation: 70%

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**TEAM SPORTS 2**

This course is designed to include the development of a greater in–depth knowledge, the application of personal fitness skills, and the demonstration of more advanced team sport skills. Please see Team Sports I for a general listing of activities for this elective. Students will also be asked to develop and implement a written personal fitness plan. Leadership, social skills, and physical fitness are emphasized.

**Grading Policy**

PE Uniform: 15%

Fitness Tests: 15%

Participation: 70%