High Point Central

Physical Education/Health I Syllabus

**Course Description:**

P.E./Health I is a one-credit semester course ***required for graduation*.**

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle. The students exhibit a lifestyle of physical fitness and understands the relationship between physical activity and health throughout the lifespan. Each student will be able to recognize the benefits and apply knowledge of safe practices for participation in activities that promote health related fitness. Some of the units during the semester may include but are not limited to: basketball, ultimate frisbee, soccer, aerobics/flexibility, cardio, ultimate football, striking activities (wiffleball, floor hockey, badminton), handball, strength training, dance, and volleyball.

The Health Education Course Outline includes the following topics: Wellness, Managing Stress, Healthy Emotions, Relationships, Nutrition, Dietary Needs, Tobacco, Alcohol, Drugs, Life Long Activities, Infectious Diseases, and Reproductive Health/Safety and STD’s.

**Gym Procedures:**

1.Uniforms are required. You can purchase one from the PE department for $10 or you can wear your own clothes (white, navy or gray shirt and navy or black shorts).

2. If you forget your uniform, you will have the option to rent a uniform. Constant use of rental system will not be allowed. Refusal to dress will be graded and recognized as non-compliance which will result in disciplinary action. Rentals will be logged and provided at the equipment room by the front of the gym.

3. Each student will be assigned a lock and a locker. Students are not permitted to share lockers unless given permission by a teacher. If a student loses a lock, then they will be given a fee to replace the lock.

4. If you are in the gym at the beginning of class and the locker room is locked, then you are considered tardy. Book bags will be placed in a secure area.

5. Students will use the back door closest to the boy’s locker room as the Gym entrance (where new path is located). Other doors will be locked and supervised by staff.

6. Students are not permitted in the lobby of the gym or upstairs unless given permission by a teacher.

7. Do not crowd around locker room at the end of class (fire hazard). The locker room doors will be unlocked and locked at the same times every day. You will not be allowed to get into a locker room during a different period. You may come after school to pick up anything you may have left in your locker that you need.

8. Daily routine: Come in back entrance, dress, walk, get in squad lines/attendance taken by teacher, warm-up, exercise activities/Health, cool down/stretch in squad lines, dress.

**Gym/Classroom Rules:**

- Food or Drinks are **not** allowed in gym.

- Electronic devices are not permitted in the gym. They need to be locked in your locker during class. Any cell phone/electronic use will be recognized as non-compliance. HPC is not responsible for any lost or stolen electronic devices.

- If you are late to class you will not be allowed to dress out. The locker room will be locked after the tardy bell.

- If you are continuously tardy or absent then your parents will be informed.

* No sitting down in the gym.
* No hanging out in the restrooms.
* Dressing out includes leaving your belongings in the locker room (unless in Health).
* No profanity, harassment, or disrespect will be tolerated.
* Students will ask to use the bathroom/get water from water fountain.

**P.E. Grading Formula:**  **Health Grading Formula:**

60%- Dress Out/Participation 60%-Classwork/Papers/Projects

25%- Tests 25%-Tests

15%- Quizzes 15%-Quizzes

**A**-100-90 **B**=89-80 **C**=79-70 **D**=69-60 **F**=59 and below

***P.E. Daily Rubric:***

You are given 20 points each day (100 pts total for week) for DO/PT.

6 points- dress out (2 pts-shirt, 2pts-shorts, 2pts-shoes)

4 points-warm-up/cool-down (2 pts-warm-up, 2 pts-cool-down)

10 points- participation (rubric for daily participation is on my HPC page online)

**Dressing Out/Participation:**

**-**Students are required to dress out and participate every day.

-Dressing-out means changing into shorts or sweat pants, a t-shirt or sweatshirt, and wearing tennis shoes that cover the entire foot. There shall be no boots, flip flops or sandals.

-Hats, toboggans or any other head gear are not permitted.

-Participation is required in class unless you have a doctor’s note that states that you are not physically well enough to do so.
-If you refuse to participate/get sent to ISS, you will receive a zero for that day and will be unable to make up participation for that day.

**Workout Wednesday/Fitness Friday**

Each week, during PE, your progress will be assessed by Workout Wednesday and Fitness Friday. Workout Wednesday is worth a weekly quiz grade. It involves an 8 minute run, 30 sec push-ups and 1 min sit-ups. Fitness Friday is a regular participation grade that involves a 12 minute run (walk 1 min/run 1 min), 30 sec push-ups and 1 min sit-ups. Both of these activities are to prepare you for your midterm (required) as well as your final exam (required due to absences or grade).

**Health**

Assignments will include daily journals, projects, discussions, partner/group work, worksheets, vocabulary, and etc. Extra credit: if interested, ask for details). Health will take place in Room 211 in the GYM. Health and PE will rotate every 2 weeks.

**Papers/Presentations/Quizzes**

Papers will need to have complete sentences and should be proofread by someone other than you (teacher, family member, etc.). Deductions will occur if paper isn’t turned in on time (5 pts each day late). Professionalism should be used during presentations at all times. Respect your classmates as well as yourself during presentations. Quizzes will be given announced and unannounced on content learned throughout the semester.

**Tests/Midterm/Final Exam**

Tests given will include physical fitness assessments and written tests as well as assessments based on content learned throughout the course. The midterm and final exam will both consist of a 8 minute run, push-ups and sit-ups. Each student is required to take the midterm***. You are not required to take the final exam unless you have missed more than 3 days during the entire semester or are making a C or lower in the class.*** If you have a doctor’s note that states that you cannot do physical activity then you will be given a written exam.

**Absences/Tardy**

The school requires written explanation or personal communication from parents when students are absent. Failure to provide requested documentation will result in unexcused absences. In the case of excessive absences, a parent will provide documentation (doctor's note) of a student's illness.

**Make-up work**

Students are expected to do make-up work if they are unable to participate due to injury or if absent. Make-up work will be done by the student doing the activity after school or by having the student do a written assignment. All make up work needs to be completed within 2 days of the absence. A student can come before or after school and make up time (45 minutes=1 day of make-up time). Please ask if you have any questions or concerns about make up work.