Ms. Bethea’s

Health & Physical Education

2021-22

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**Health Education**

In health class, students will be able to learn a variety of lessons that are lifelong beneficial as well as interesting. Although most often overlooked, health education can be a rigorous subject. There are many topics that will be discussed that may be challenging for some students. Health education is the study of wellness as relating to environmental and personal being and living a healthy well-balanced life. Health class will provide ways to plan and maintain a healthy lifestyle. We cannot change things if we have no knowledge. In health class, self-assessment plays a key role in health and wellness. It is important to review notes daily to ensure academic success.

**Health Education Lesson Topics PE Lesson Topics**

Nutrition and Physical Activity Team Sports

* Dietary Guidelines - Volleyball -Basketball
* Calories - Frisbee - Soccer
* MyPlate.gov - Badminton - Softball

Alcohol Tobacco and Other Drugs Lifetime Sports/ Cooperative Games

* Advertisements - 4 Squares
* Diseases - Team Building Games
* Health concerns - Training Methods

Personal and Consumer Health Fitness Assessment

* Diseases - FITNESS GRAM
* Immune System - Food Diary
* CPR/First Aid/Basic First Aid Care ***8th grade only*** - 5 Components of Fitness

Mental and Emotional Health Individual Sports/Dance Rhythmic Skills

* Stress management - Wall Ball
* Decision Making - Aerobics
* Time management - Training Methods

 **Classroom Discipline**

1st Offense – Warning 2nd Offense – Student/Teacher Conference + Minor Referral

3rd Offense – Parent Contact + Minor Referral 4th Offense – Communication to Administration

5th Offense – Office Referral

**PE Class -** Physical Education class is a great way to bring up your grade if you are falling behind. Students are required and expected to dress out for every class, wearing required attire. (Refer to brochure for dress code grading). Students should be responsible when present in the locker room. Each student will be issued a locker and lock combination. It is the student’s responsibility to keep up with lock combination and personal belongings. **If student lose their lock combination,** **a $5.00 fine assigned to the student that must be paid before the semester is over.**

**PE Portfolio**

Throughout the semester, students will conduct a variety of self-fitness assessments as well as nutrition plans. Each student is required to submit a Summative Portfolio at the end of the semester. Student will be required to get a **2-pocket folder w/prongs**. An outline will be provided to each student during the first 3 days of class. Students are encouraged to be creative and work on portfolio DAILY to ensure academic success. This portfolio counts as a test grade.

**Classwork- 60%/ Homework – 5%**

Although homework is not issued daily, homework counts as 5% of grade. If there is a homework assignment, it is given at the beginning of the week, allowing up until the end of the week to turn in homework. Homework turned in the following week will not be accepted without a valid note or excused absence.

**Test-20%/Quiz- 15%**

There will be 1 test and 2 quizzes per unit. All tests are online, therefore, it is important to keep up with your laptop. If laptop is unavailable, a paper copy will be provided. Some quizzes will be online and some will be paper copy. However, all test and quiz results should be kept in data folder and will be posted to Canvas.

**Missed work/Absent Policy**

If students are absent from class, student will have 3 days to make up missed work and turn in to teacher for a grade. If student is absent for more than 3 days, all missed assignments will be on Canvas, as well as a paper copy will be available for pick up by parent or guardian.

**PE Participation and Dress Out**

Students are expected to participate in activities and comply to rules. However, students providing a valid doctor note that outline limitations and/or inability to perform physical activities, may be exempt. PE Participation will be based on various components such as daily results of their pedometer and sportsmanship. Each student is required to wear a pedometer to keep up with MVPA time. This data displays how much time a student spend in their target heart rate zone. Dress Out is required every day we are in the gym. (please refer to Brochure for dress code)

**Contact Information**

Jana Bethea Adrian Jeralds

Athletic Director Assistant Athletic Director

1108 Glendale Dr. 1108 Glendale Dr.

Greensboro, NC, 27406 Greensboro, NC, 27406

(336)294-7325 ext.1645 (336)294-7325 ext. 1646

Room B-313 Room B-312

betheaj2@gcsnc.com jeralda@gcsnc.com