



Health and Physical Education

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Course Description: The Health and Physical Education combination course is designed as an 18 week wellness course to help students understand how exercise, fitness, and healthy living contribute to the development of a healthy and active lifestyle. The course will emphasize successful strategies for maintaining good exercise, nutrition, and wellness habits. It will follow a conceptual approach dealing with the following age-appropriate topics: the nature of fitness, assessing individual fitness, developing and maintaining a life-long fitness program, and developing an appreciation for efficient movement by viewing it as both an art and a science.

Texts: Glencoe: Teen Health
www.glencoe.com/ose
Choosing the Best

Materials: Physical Education: Students **MUST** change clothes each day for physical education class. Appropriate clothing includes shorts (without buttons, zippers, or belt loops) or sweat pants, T-shirt, socks, and tennis shoes. P. E. shorts should hit a mid-thigh or longer when standing. Sleeveless shirts, spandex, cheer shorts, yoga pants, and tights are not allowed. Please label your PE clothes with your name. Students are encouraged to take clothes home to be washed each Friday.

Health: Pen/pencil, binder or folder, and student agenda with Eagle Card.

Grade Distribution:

Classwork/ Participation	60%	A	90-100
Tests/Projects	40%	B	80-89
		C	74-79
		D	70-73
		F	0-69

Make-Up Expectations: In Physical Education class, a written note with a parent's signature is required to excuse a student from participating, but students **MUST STILL DRESS OUT**. A **DOCTOR'S NOTE** is required when being excused for longer than (5) five consecutive days.

Assignment / Assessment Guidelines: Students **MUST** dress out (according to the school dress code) everyday, in order to fully participate in class. Students not dressed will be given an alternate assignment for partial credit. Students will earn 20 points a day if all requirements are fulfilled. Each time a student does not dress out, 10 points will be deducted from his or her grade. Failure to participate in an activity can result in a 1-10 point deduction. Participation begins when the student enters the gym.

Reassessment (Do Over) Policy: Physical Education: Students who are unable to participate due to injury or illness, may be required to complete a written assignment to earn their participation grade. **Health:** Reassessment is a privilege that will be granted to students who participate in and complete class assignments. Students who score less than a 70% on a test, may reassess and earn a grade up to 80%.

Participation and Attendance:

Dress out and actively participate each day.
Exhibit a positive attitude and good sportsmanship.
Display responsibility and respect within all teaching areas.

Class Requirements and Expectations:

1. Be on time and prepared with all necessary materials.
2. Complete all assignments.
3. Turn in assignments on time-**Grade will be lowered one letter grade for each day that an assignment is late.**
4. Respect yourself and classmates.
5. Be a willing participant.

Behavior:

Our classroom is a positive learning environment where all students feel safe, valued, and equal. The Eagle card will be used, when necessary.

Film and Film Clips

Film and film clips are considered another form of text and will be used to enhance the understanding of the standards. Each of the films will be tied to academic standards.

Disclaimer:

We reserve the right to alter this syllabus as it becomes necessary to achieve the goals and objectives of this class. Students will be made aware of any necessary changes in a timely manner.

Parents,

We look forward to spending this semester working with your child. We encourage you to check our blogs to see assignments, due dates, handouts, etc. If you have questions regarding your child's grade or your child's behavior, do not hesitate us. Email is the best way to contact us.

Please sign below stating that you have read and acknowledge the course guidelines and syllabus for this class and have discussed it with your child. If I need to change or adjust any section of the syllabus to more adequately meet the needs, abilities, and interests of your child, your child will be made aware of these necessary changes.

Please list any health/medical issues that will affect your child's participation in physical education.

We would appreciate your providing us with your information so that we can contact you as necessary.

Student Printed Name _____

Parent / Guardian Signature _____

Parent / Guardian Email Address _____

Parent / Guardian Phone Number _____

Sincerely,

Cara Coe

Jenny Felix

Dave Ravenscraft