**Health/Physical Education**

**Health/Physical Education: Coach Lockie
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Philosophy: The North Meck physical education program is designed to provide a positive learning experience for everyone. The focus will be placed on physical fitness, skill development in various individual and team sports, and most importantly, active participation. Participation in the program will help to improve the student’s mental and physical health as well as provide avenues to experience sportsmanship, cooperation and team play.

**Course Topics and Skills: Physical Education**

* Students will evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition throughout the year. (PE.9.HF.3.1)
* Students will use basic and advanced skills to participate proficiently in the following sports- Ultimate Frisbee, Soccer, Tennis and Basketball. (PE.9.MS.1.1)
* Students will implement leadership skills to promote responsibility in self and others. (PE.9.PR.4.1)
* Focus will be placed on physical fitness, skill development in various individual and team sports, and most importantly, active participation.

**Course Topics and Skills: Health Education**

* **Personal and Consumer Health-** Students will analyze wellness, disease prevention and recognition of symptoms (9.PCH.1).Students will evaluate health products and information (9.PCH.2). Students will understand necessary steps to prevent and respond to unintentional injuries (9.PCH.3)
* **Interpersonal Communication and Relationships-** Students will understand healthy and effective communication and relationships (9.ICR.1). Students will evaluate abstinence from sexual intercourse as a positive choice for young people (9.ICR.2). Students will create strategies that develop and maintain reproductive and sexual health (9.ICR.3).
* **Alcohol, Tobacco and Other Drugs-** Students will understand the health risks associated with alcohol, tobacco, and other drug use (9.ATOD.1). Students will apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use (9.ATOD.2).
* **Mental and Emotional Health-** Students will create positive stress management strategies (9.MEH.1). Students will create help-seeking strategies for depression and mental disorders (9.MEH.2).

Materials

**North Meck Grading Scale:**
A- 90-100
B- 80-89
C- 70-79

D- 60-69
F- 59 and below

**PE-** lock, tennis shoes, athletic clothing, and socks

**Health-** 1 inch 3 ring binder, pen/pencil



Academic Honesty
Students are expected to adhere to the North Meck School Honor Code. The honor code is the following: Each student is honor-bound to refrain from cheating, lying or misrepresenting the truth and stealing.

PE Rules
1. NO HORSEPLAY!
2. No food or drinks allowed in the gym or locker rooms.
3. Valuables are the student’s responsibility. Students are to leave all valuables and belongings in one of the PE lockers and secure with a lock. Teachers are not responsible for lost or stolen items. Locks can be placed on lockers in the locker rooms, but must be removed at the end of each class period. All locks will be cut from lockers at the end of the day. Use a combination lock only-no key locks
4. Students enter and exit class through the locker room doors.
5. NO BOOKBAGS OR PERSONAL ITEMS MAY BE BROUGHT INTO THE GYM.
6. Students should not sit on top of bleachers.
7. Students should respect our facilities and take care of equipment that is assigned to them. Damage to the equipment will be the student’s responsibility.
8. NO ELECTRONIC DEVICES (PHONES, IPODS, ECT)!!!!!!.
9. Do not enter or exit the gym through the front doors.

10. All North Meck policies will be followed. 15 minute rule- no student will exit class the first and last 15 minutes.

11. If a student is tardy, they will follow the North Meck tardy guidelines.

PE Expectations
1. The student will arrive to class on time. You must be in the locker room when the tardy bell rings. If tardy, you will be sent to get a late pass.
2. The student will participate to their personal best each class meeting.
3. The student will dress out for every class meeting. Proper physical education attire includes tennis shoes, socks, athletic shorts/sweatpants, and tee-shirt/sweatshirts. No denim or open toe shoes!
4. The student will complete all assigned written assignments and tests/quizzes.
5. Excused absences are eligible for recovery. There will be no recovery for unexcused absences.

PE Procedures
1. The student will have 5 minutes to dress out and report for roll call. At the end of the class period, students will have 4 minutes to change back into school attire.
2. When I enter the gym, all students will be seated in the appropriate assigned squad spot for attendance. **You will be counted absent if I do not see you or late if you are not at your assigned spot!**
3. The student will participate in the warm-up activity which will include flexibility, strength, and agility activities.
4. The student will participate in a daily fitness activity designed to improve fitness and cardiovascular endurance.
5. The student will participate in the planned individual or team activity.

Discipline
1st offense: Verbal warning
2nd offense: Conference with student
3rd offense: Phone call to parent/guardian
4th offense: Referral to administrator

Health Procedures
1. Students will need a 3 ring binder. Binders can be kept by the student and brought to class each day or they may be left in the classroom overnight. All work will be kept in this binder
2. When students report to class, they are expected to be seated in their assigned spot when the bell rings and working on their warm up activity.

Cell Phone Policy
1. Per new school guidelines, cell phones will not be permitted. If a cell phone is out during class, the phone will be confiscated. A security associate will be called to collect the cell phone, and the cell phone will be turned in to the front office for pick up.

PE Information
1. All students earn 20 points total on a daily basis towards their final grade in PE. Rubric for that grade is posted on the teacher’s webpage.
2. Students with medical excuses will be expected to complete written assignments in order to earn points for the day. Medical documentation must be provided in order to be excused from physical activity.
3. Students that are not dressed out will have a daily written assignment that will be turned in at the end of class. Failure to turn in will result in zero credit for the day.
5. Retakes are available by sign up only and students are only allowed one retake. Students will use a signup sheet online and choose a day and time that works with their schedule to attend an enrichment session followed by a retake session (2 sessions total). Retakes are only available if students complete the enrichment beforehand. Failure to complete the enrichment or retake session will result in loss of retake privilege. Enrichment/retake sessions are either available before or after school.

Medical Excuse Policy
If an injury occurs during the course of the semester and the student us unable to participate in activities, a doctor’s note is required to exempt the student from physical activity. The student will then be presented with written work to complete during class time to replace the participation grade. This will continue as according to the doctor’s note of how many days the student will need to sit out of the activity. The student is still required to dress out.

Essential Medications
If the student has asthma please have an inhaler with them every class or leave one with me that I can carry with us every class. Any other essential things such as an Epipen for bee stings etc., I can also keep this in my medication bag.

NMHS Grading Procedures

Late Work Policy:

* Upon return from an excused absence, students have 5 days to submit make-up work. Any previously announced assignments/tests prior to absence(s) will not be moved or rescheduled.
* If your assignment is late and you are present on the due date you will be docked a Letter Grade or 11% points.
* If you find yourself in a situation turning in late work before the end of the quarter it must be turned in on the following dates to receive a 50% to replace a “0”.

**Q1 – Oct. 23th   Q2 – Jab. 11th    Q3- March 21st    Q4-May 24th**

Grading/Retest Procedures:

* The grading scale used to determine a student’s final grade average is based on CMS Policy and IBMYP (if applicable) assessment guidelines. *All student are working towards mastery of their content. Mastery is considered at 79% or higher. If this is not obtained students will have the opportunity to practice that skill again and retest. In this case the maximum point value they can earn is a 79%.*
* Students will have 5 class meetings to complete a qualifier for retesting and 10 class meeting to retake a Formal Assessment (Test). The student must communicate with the teacher to schedule a time for his/her Retest.

**Informal Assessments**-----------------------------30%        **Formal Assessments**-------------------70%

 Example: Dress out, participation, Example: Skills assessments,
 health classwork, homework end of unit tests

**Parent/Guardian Information Section: Please fill out and return to the teacher by 9/4,9/5**

Parent/Guardian Contact name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

By signing below, I acknowledge I have read and I understand the syllabus.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_