PE/Health Syllabus

Teachers:

**Mr. Miller**- 3rd Hour Conference

Email: mmiller@bridgmanschools.com

<http://mmiller10.weebly.com/>

Ms. Houghton- 6th Hour Conference @ RMS

Email: ahoughton@bridgmanschools.com

<http://ahoughton.weebly.com/>

**Course Description:** This class will provide students’ knowledge and pertinent information on a variety of sports and lifelong activities. It will also include numerous areas in Health Education. Topics to be covered in Health will include Family Life Education, Tobacco, Alcohol, Drugs and Healthy Relationships.

**Statement of Purpose:**  To provide students with the opportunity to participate in lifetime and team sports. This class will give students the time to exercise and benefit from team/character building activities. It will also provide students with knowledge of many various healthy lifestyle choices/consequences.

**Evaluation Criteria:**

 Daily Participation- 70 % of semester grade

 -10 Participation points per day

 Includes Dressing out, exercising, class participation and attendance!

 **When injured/sick a medical waiver will be needed to receive participation/attendance points!**

 Test/Homework/Projects- 30% of semester grade

 First Semester= 45 %

 Second Semester=45%

 Exam=10%

**Homework Policy:** No late work accepted! If absent homework must be turned in the next class period student is present.

**Classroom Discipline:** All Handbook Rules Apply! ***Be respectful of everyone!***

**Preparedness:** Students must have proper physical education attire which includes shoes with non-marking soles, shorts/ sweat pants, t-shirt/ sweatshirt. Be prepared for indoor and outdoor activities. Students must provide their own toiletry items for showers and this includes towels. Daily points will be deducted if students are not properly dressed!

**Miscellaneous:**

1. ***Students are responsible to lock up their belongings. The school and teachers are not responsible for stolen items!***
2. No glass containers are allowed in locker rooms
3. Food and drinks are not allowed in the weight room or in the gym.
4. Students must be in the gym before the bell rings or they will be marked tardy.
5. Students will lose points if they go into the locker rooms before being dismissed by teacher.