**Course Description: This course is required for graduation. The information you receive in this class can help you live a healthier, more enjoyable life.**

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| **HEALTH CLASS**  **(9 weeks)** |
| Mental & Emotional Health |
| Personal & Consumer Health |
| Communication & Relationships |
| Nutrition & Weight Management |
| Substance Abuse Prevention |
| Reproductive Health & Safety |

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| **PHYSICAL EDUCATION**  **(9 weeks)** |
| Fitness |
| Basketball |
| Floor Hockey |
| Football |
| Speedball |
| Soccer |
| Softball |
| Volleyball |

**PE Daily Routine:**

1) Report to Locker Room to Change for Class

2) Stretch/Warm-Up/Attendance in Gym or Outside

3) Fitness (Track/Gym/Etc…)

4) Activity/Sport

You will receive a study guide that describes the History/Equipment/Rules of each game- Keep Study Guides in a folder. There will be a written 25 point quiz for each sport unit.

**Locker Room Policy:**

* The PE staff is not responsible for items lost or stolen! Each student will be assigned a locker and combination lock to secure your items in the locker room during class.
* There is NO FOOD or DRINK allowed in the locker rooms or gyms. Please dispose of any of these items before class. Please make sure you do your best to keep the locker rooms clean.

**Dressing Out for Class:**

* Clothes that you wear to school will not be considered your dressing out clothes. Failure to dress out completely will result in loss of points. Please secure loose jewelry in locker.

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| **Acceptable PE Attire** | **Non-Acceptable PE Attire** |
| Shorts made of nylon, cotton, or mesh material | Jean Shorts/Non-Athletic Material |
| T-Shirts with Non-Offensive Sayings | Cut Off Shorts |
| Sweat Pants/ Sweat Shirts/ Wind Suits | Jeans/ Pants/ Running Pants over your Jeans |
| Long Sleeve Shirts | Tank Tops that do not come over the shoulder |
| Tennis Shoes with Socks | Boots/Cleats/Dress Shoes/Flip-Flops/Slippers |

**Classroom Expectations**

* **Excused Notes**- Students bringing a note from a parent to be excused from participation will be excused only if the parent has signed the note and is due to an illness/injury. This excused note will only be honored for one day. Anything longer will require a doctor’s note that includes restrictions and length of restrictions.
* **Absence Policy**- If you are absent it is your responsibility to obtain a green slip (excused) or red slip (unexcused) before you enters class. Unexcused= lose participation for the days unexcused, Excused= you will be given one day per absence to make up any quizzes/tests.
* **Absence Make-up work** – It is your responsibility to contact your teacher to make up any missed assignments or activities. You have two days from your return to school to make up any missed work.
* **Tardies**- Students must be in the locker room area before the bell rings. The Healthful Living Department will follow the Cary High School tardy policy. Repeated violations will be referred to administration. (1st Tardy=Warning, 2nd and 3rd Tardy=Lunch Detention & Call Parent, 4th Tardy= Discipline Write-Up.
* **Discipline**- Common courtesy is expected in the class at all times. Disciplinary problems will result in referrals and possible removal from class. School Policy will be followed.
* **Restroom**- Please use the restroom prior to class or while in the locker rooms. Do not abuse emergency bathroom passes. You must ask the teacher’s permission to leave for the restroom.
* **Participation Policy**- You are expected to participate everyday and dressed out properly. To earn your points, you must participate in everything that day. Participation is part of your daily class work grade. If you are not able to dress out you will be given an alternative assignment or activity to complete.
* **Medical Condition**- It is your responsibility to bring your inhaler or other medical equipment with you to participate in class.
* **Phones/Electronic Devices**: No student shall use or possess any wireless communication device (cell phone, i-phone, etc.) once they have exited the locker room. If you remove it from the locker room during P.E. and/or display it, the teacher will ask to hold it until the end of the period and then return it at the end of the period. If this is a continual occurrence the phone will be delivered to the attendance office where it will be held until the student’s parent/guardian comes to pick it up and a parent/guardian will be contact. Possible administrative referral can be implemented as well. In the Health classroom it is left to the teacher’s discretion on use of the device.
* **Blackboard**: For course information please go to the teacher’s blackboard site.
* **Athletes** - If you are a member of a Cary HS sport team and do not dress out for the PE class we will contact your coach and the Athletic Director (Coach Dunphy) and you will not be allow to participate in that day’s game or event.

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**Assessment Mastery Policy (AMP)**

Any student who scores below a 70 on a major assessment is eligible for the chance to show mastery on that specific assignment. The highest mastery grade a student may attain is an 80. In order for a student to have this opportunity to show mastery, the following parameters must be met:

The student must take responsibility for taking advantage of AMP

The student has **three school days** from the day the major assessment was returned to speak to his/her teacher about taking advantage of AMP

The teacher will establish a completion timeline based on their PLT’s AMP plan

Students who have an unexcused absence on the original date of the major assessment forfeits their AMP opportunity

AMP will be limited according to class level:

o 3 opportunities for Academic classes

o 2 opportunities for Honors classes

o 1 opportunity for AP classes

**Your Final Healthful Living grade will be consisting of:**

**Quarter 1 or 3= 40% of Grade**

**Quarter 2 or 4= 40% of Grade**

**Semester Exam= 20% of Grade**

**A= 93-100 B= 85-92 C= 77-84 D=70-76 F= Less than 70**

**\*The grade will be calculated on a weighted point system.**

**Grading Breakdown**

**Participation (Dress-Out/Warm-ups/Daily Activity) = 80%**

**PE Sport Quizzes= 20%**

**AND**

**Health room class work= 75%**

**Health Unit Tests= 15%**

**Projects = 5%**