**Forest Hills High**



**Health and Physical Education Syllabus**

***Mission:*** *To motivate students to participate in a regular lifelong personal fitness program and encourage responsible health decisions.*

**Course:** Health and Physical Education

**Teacher:** Alanna Smith / Derrick Johnson / Shane Griffin

**Contact Information**: Forest Hills High School 704-233-4001

Email: [alanna.smith@ucps.k12.nc.us](mailto:alanna.smith@ucps.k12.nc.us)

[derrick.johnson@ucps.k12.nc](mailto:derrick.johnson@ucps.k12.nc).

[edward.griffin@ucps.k12.nc](mailto:edward.griffin@ucps.k12.nc).

**Course Requirements:** 1. 3 ring binder or folder with pockets

2. 3 dividers for the binder to separate units

3. Headphones (that can be used for P.E when given permission)

4. Chrome Book (bring them with you every day)

**Course Content**: Students will be taught the North Carolina Healthful Living Common Core Essential Standards: <http://www.dpi.state.nc.us/docs/acre/standards/new-standards/healthful-living/khs.pdf>

**Health Content:** The five essential health standards that will be addressed:

1st Marking Period: Mental and Emotional Health (MEH)

Interpersonal Communications and Relationships (ICR)

2nd Marking Period: Alcohol, Tobacco, and Other Drugs (ATOD)

3rd Marking Period: Nutrition and Physical Activity (NPA)

Personal and Consumer Health (PCH)

**Physical Education Content**: The four essential physical education standards that will be addressed:

1. Health Related Fitness (HF)
2. Movement Concepts (MC)
3. Motor Skills (MS)
4. Personal and Social Responsibility (PR)

**Assignment Expectations:**

1. Students are expected to turn in original work. Plagiarized work is not acceptable.
2. Assignments are to be completed on time to receive full credit. Assignments that are late will have points deducted and possibly result in zero credit.
3. Students are expected to use Canvas to turn in certain assignments and will be required to have their laptop with them daily.

**Grading Policies**: Each marking period students will be taught 3 weeks of PE and 3 weeks of health instruction. Student’s final grade will be a combined average of the points earned in PE and Health. ***Student’s final grades will be calculated on the 10 point grading scale***

**Physical Education (300 points): Students will be graded on a daily 20-point scale.**

Participation: 10 points: Daily Activity

Dressing Out: 10 points: Students are required to dress out daily. Students are required to bring a change of clothes from home that is in accordance with the dress code. Please remember that short shorts, pajama pants, tank tops, and cut-off shirts are not allowed.

**Health:** Students will earn points through class assignments, weekly vocabulary sheets, mind-maps, group projects, notebook checks, tests and quizzes.

Quizzes/Tests are given on Friday’s of Health Weeks. If you miss a Friday, it is your responsibility to get with your teacher to make that test up during Jacket Time or during the next class period

**Note**s!

**Example**: Unit 1: Week 1 of Health - **Quiz on Friday covering Week 1 Information**

Week 1 of P.E - **Bring clothes/shoes**

Unit 1: Week 2 of Health - **Quiz on Friday covering Week 2 Information**

Week 2 of P.E - **Bring clothes/shoes**

Unit 1: Week 3 of Health – **Test on Friday covering Entire Unit**

Week 3 of P.E – **Bring clothes/shoes**

------------------------------------------------------------------------------------------------------------

I have read and understand the course requirements for Health and PE. Please sign and return.

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

**Please inform us of any health concerns or needs that your student may have: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**