**Weddington High School---Health and Physical Education Course Syllabus**

*Teacher(s):* Claire Lyerly, Travis Poole, Tim Carson, Andy Capone

*Semester:* 2 *Year:*  2015-2016

*Blocks:* 1- 8:00-9:33, 2- 9:39-11:11, 3- 11:17-12:47 (3rd block goes to 4th lunch) 4- 1:23-2:55

*Room#/Office Locations:* Gym

*Tutoring Days/Hours:* Tutoring will be offered in the AM on any day when requested.

*Email:*  claire.lyerly@ucps.k12.nc.us, travis.poole@ucps.k12.nc.us, tim.carson@ucps.k12.nc.us andy.capone@ucps.k12.nc.us

*Course Description:*  This course is a combination of both Health and Physical Education with a strong emphasis on Fitness. Each part will be graded equally to determine the final mark. This class is a graduation requirement, failure is not an option

*Course Goals:* Students will come out with a better understanding of fitness and sport as well as health issues that are dealt with every day.

*Required Materials:* Comfortable clothing such as sneakers, sweat pants, shorts, t-shirts, sweatshirts (workout clothing only). **NO: flip flops, loafers, boots, jeans, tank tops, cut-off shirts, or clothing that may be distracting.**

*Participation:*

1. Students should dress out and participate every day.
2. The only excuse is an illness or injury that is too contagious or severe to participate which should be determined by a physician, and a Dr. note is required. (STUDENT IS STILL REQUIRED TO DRESS OUT AND THE TEACHER WILL GIVE AN ALTERNATE PLAN)
3. If a student is not dressing out or participating, the student should inform the teacher as attendance is being taken. **NO STUDENT IS ALLOWED IN THE LOCKER ROOM IF THEY ARE NOT DRESSED OUT OR PARTICIPATING THAT DAY. A REFERRAL WILL BE WRITTEN IF THE STUDENT ENTERS THE LOCKER ROOM.**
4. **ABSENT FROM CLASS:** If you miss a class, you will be required to come and make up the workout you missed to earn the points for that day in our morning workout sessions at 6:30 am. This must be done within 10 days from the day you miss class. This includes sickness, Dr. appointments, field trips, etc.

*Locks and Locker Room:*

1. Locks are available for rent for $5, no personal locks are permitted and will be cut off.
2. Your lock and locker is yours for the semester and will be collected at the end of the semester.
3. Locker rooms will remain locked during class time. No one will be permitted in during class time for any reason. If you are leaving early from class, be sure to show your teacher your dismissal note during attendance.
4. Varsity locker rooms are off limits during the school day, if you are a varsity athlete, you will be required to dress in the regular locker room.

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STUDENT FULL NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_