**WEST MECKLENBURG HIGH SHOOL**

**HEALTH SYLLABUS**

**Philosophy:**

**Course Description** – The Healthful Living Education programs promote behaviors that contribute to a healthful lifestyle and improved quality of life for all students. This is a required course to graduate.

**Course Standards**:

Students will be able to assess their own health status and understand the relationship of healthful living to the life quality of life: develop awareness of their own control in the area of stress management: accept responsibility for the prevention of major health risks; demonstrate conflict resolution skills; understand concepts of fitness and lifetime wellness; accept responsibility for personal fitness; demonstrate a variety of skills needed for being active; and control behaviors in physical activity settings.

**Course Grading:**

Grading Scale; A 100-93 Conduct: 1 Excellent

B 92-85 2 Satisfactory

C 84-77 3 Needs to improve

D 76-70 4 Unacceptable

F 69- below

I Incomplete

Tests/Quizzes 75%

Classwork 15%

Homework 10%

Assessments:

Daily grades will comprise of journal writing, homework, class work, participation, labs, article reviews, video reviews and other assignments.

**Students with Disabilities**:

EC modifications will be implemented through their IEP.

Make-up work policy; Students are responsible to ask the teacher for any missed work. The student has 5 days from the date they return from their absence to make up the work. Students may request extra help at any time during the year. If students wish to come before school or stay after school , they must give at least one day advance notice to the teacher.

Preventive and Corrective measures for minor offenses:

1 Counsel with student/ verbal warning

2 Student receives zero for the day and a parent letter is sent home

3 Parent contact

4 Office referral

For any school wide policy offenses we will follow the school code and conduct manual.

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

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

**WEST MECKLENBURG HIGH SCHOOL**

**PHYSICAL EDUCATION DEPARTMENT**

**Physical Education**

**Philosophy/Description:**

**Team Sports 9015224** – This segment is designed to provide students with the skills and knowledge necessary to participate in a variety of team sports, develop a feeling of belonging to a group and learn to work together to achieve a desired outcome. Students will demonstrate the concepts of team play and develop fitness awareness through a team activity.

Basketball Ultimate Frisbee Flag Football Softball

Volleyball Team handball Street Hockey Soccer

Course Timeline; 1st qtr – Volleyball, Flag Football

2n qtr – Soccer, Basketball

3rd qtr – Street Hockey, Ultimate Frisbee

4th qtr – Softball, Team Handball

\*Course Timeline subject to change

In order for maximum learning to be obtained during the course of the school year, you will have to adhere to the following rules and regulations:

1. Be on time
2. Wear appropriate attire. (t-shirts, sweatshirts, shorts, sweatpants, tennis shoes.)
3. Follow all safety procedures.
4. Respect the rights of teachers and others at all times.
5. All students are responsible for locking up all personal items.
6. 100% cooperation and participation.
7. Students are responsible for any missed assignments. Students have 5 days to make up work.

Grading Scale; A 100-93 Conduct: 1 Excellent

B 92-85 2 Satisfactory

C 84-77 3 Needs to improve

D 76-70 4 Unacceptable

F 69- below

I Incomplete

Assessments: Participation, written tests, presidential fitness testing, rubrics, and skill assessment testing.

Tests/Quizzes 75% Classwork 15% Homework 10%

**Students with Disabilities**:

EC modifications will be implemented through their IEP.

Preventive and Corrective measures for minor offenses:

1. Counsel with student/ verbal warning
2. Student receives zero for the day and a parent letter is sent home
3. Parent contact
4. Office referral

For any school wide policy offenses we will follow the school code and conduct manual.

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

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