

Physical and Health Education Syllabus

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Dear Students and Guardians,

For the safety and security of all students, the Ridge Road Health and Physical Education staff have incorporated the following rules and standards for all students. All students are required to take, and pass, health and physical education in all grades K-9.

- 1. Dress** - Students are required to dress out for Physical Education and Health when necessary. IN ORDER TO RECEIVE FULL CREDIT FOR PE/HEALTH, STUDENTS' MUST DRESS OUT. WE ENCOURAGE STUDENTS TO PURCHASE THE **Ridge Road PE UNIFORM**, which can be purchased during open house or at our school store. Full uniforms are \$20, for shorts, t-shirt, and a gym bag. If you cannot afford the Ridge Road PE uniform, please let your teacher know discretely **in writing**, as soon as possible. Plain Maroon, Black, or Grey shorts and shirt or any Ridge Road shirt the student has will also be accepted. All Checks for uniforms should be made out to Ridge Road PTSA
- 2. Shoes** - students are required to wear athletic shoes tyed tightly at ALL TIMES Students will lose points if their shoes are not properly tied. Students will be required to wear shoes outside, so prepare accordingly.
- 3. Absolutely no gum** is allowed in the gymnasium. (Students who have gum in class may have point deductions)
- 4. Excuses** - Physical Education is a required course for all students. If a student must be excused from an activity for one day, a note from a parent will be sufficient; however, he/she will still dress out for class. Select activities missed will require a make-up. In order to be excused from physical activity for two or more days a doctor's note will be required.

Supplies needed: Band-aids, Sandwich bags for ice, Clorox Wipes, Hand Sanitizer

General Rules of Physical Education:

R: Respect teachers, other students, facilities and equipment at all times to include not hanging on the rims or basketball nets.

U: untie and re-tie your shoes tightly in the locker room before every class

L: Listen to all instructions, and safety procedures, no horseplay

E: Ensure that you have all of your necessities for class, PE uniform, pen/pencil and paper

E: Ensure that all injuries are reported **WHEN** they happen!

S: Safeguard all valuables, in a locked locker.

Grading Scale:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

Health Related Issues should be listed below. As a reminder, in Health and Physical Education class, students participate in physical activities so teachers need to be informed in order to take precautions to maintain a safe and healthy learning environment. *Please print neatly*

Course Description & Outline:

Physical and Health Education Syllabus

Health Education is a 9 week course that provides students the opportunity to learn through a developmentally appropriate, comprehensive sequentially planned health education program aligned with the Essential Standards & the North Carolina Standard Course of Study. This course is designed to assist students in obtaining accurate information, developing lifelong positive attitudes and behaviors, and making wise decisions related to their personal health.

Topics will include personal health, consumer & community health, injury prevention & safety, alcohol, tobacco, & other drugs, nutrition, environmental health, individual growth & development, family living, & communicable / chronic diseases. Central themes are the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, an understanding of the process of growth and development, and informed use of health-related information, products, and services.

Mandatory Supplies:

1 subject notebook, writing utensil, and CMS chromebook

Policies / Regulations

- **Class work-** Health is a very important class and should be treated with the seriousness of all other academic classes. It is crucial for cohesiveness and the success of the class that all students participate and stay on task at all times.
- **Homework-** Homework is expected to be completed as assigned.
- **Make-up work-** If a student is absent, he/she will have five (5) school days to make up all missed assignments/work. A reminder will be given to the student to see teacher for missed work but it is the students' responsibility to turn in missed work.

Expectations / Consequences / Discipline- Students must adhere to the Raven Way expectations and the RRMS Student Code of Conduct, as well as specific class rules:

- Arrive to class with the mindset to not only learn, but to EXCEL!
- Enter the room on time in a calm and orderly manner
- Come to class **ready to learn** and prepared to participate
- Participate safely and actively
- Respect yourself and others, and SHOW IT by being courteous (e.g. helping others, waiting your turn to speak, paying attention to teacher's instructions, actively engaging in classroom discussions by adding valuable insights etc.)

*Student behavior will be tracked in a behavior log & referred back to as necessary throughout the quarter.

*The teacher reserves the right to adjust the course-work and/or differentiate instruction as needed to meet the needs of students and ensure academic success

Student Name: _____ Grade 6 / 7 / 8 A / B Day

Parent/Guardian Signature

Daytime Phone #

Student Signature

(____) _____

Parent/Guardian Printed Name

Student Printed Name

Parent Email _____