

Physical Education & Health Syllabus 2016

Teacher's Name: Logan Waters

Course Description: We will gain knowledge about how to better our bodies and lifestyles through rigorous activities, such as; lifting, plyometrics, and games.

We will develop a solid knowledge base of the human body, its functions and how to maintain and lead a healthy lifestyle.

Materials Needed for Class:

P.E.-You will need a good work ethic, workout clothes and tennis shoes. **Health-** You will need your textbook, a notebook/laptop and pencil.

Standards:

1. Respect your teacher, classmates, and the equipment.
2. Clean up your weights/stations/desks.
3. Bring required materials each day to class, be prepared.

Grade Scale:

➤ A	100-95
➤ A-	94-90
➤ B+	89-87
➤ B	86-83
➤ B-	82-80
➤ C+	79-77
➤ C	76-73
➤ C-	72-70
➤ D	69-65
➤ D-	64-60
➤ F	59-0

Breakdown of Grading: P.E.-You will start out with 15 points a day. You can lose points for the following:

- 5 points for skipping, not bringing clothes to workout or getting kicked out of class
- Points lost for any attitude problems/lack of participation

Health

- 15 points daily grade (participation/attitude)
- Tests 50%
- Worksheets/Problems out of the book/ Paper Reviews 25%

Tentative Schedule: Could change depending on class size.

❖ **Fall Semester (1st 9 Wks.)**

- We will cover all lifts, and check if form meets the teacher's standards.
- P.E. Unit- Football
- P.E. Unit- Handball
- P.E. Unit- Speedball

❖ **Fall Semester (2nd 9 Wks.)**

- Health Units: 1-5
- **December**-Max-out

❖ **Spring Semester (3rd 9 Wks.)**

- Health Units: 6-10

❖ **Spring Semester (4th 9 Wks.)**

- P.E. Unit- Kickball
- P.E. Unit- Baseball Variations
- **May**-Max-out

Weekly Schedule: Can change due to sports scheduling

- **Monday:** Lifting
- **Tuesday:** Health or PE
- **Wednesday:** Lifting

Thursday: Health or PE

Friday: Health or PE