



Physical Education/Health

Course Description

Students will participate in physical activities with the goal of improving their health. Additionally, they will understand individual fitness concepts so that physical fitness becomes a learned and dedicated lifelong practice. Students will learn to further develop sportsmanship, teamwork, respect, leadership, and responsibility. Finally, the students will learn and apply the correct rules, skills and strategies of selected games/sports.

Health- Students will have the basic understanding of diseases, human sexuality, healthy relationships, goal setting, careers, and introduction to anatomy.

Instructors :

Sue Sullivan

Sue.Sullivan@central301.net

Vince Govea

Vince.Govea@central301.net

Phone: 847-464-6000

Course Materials Required:

- *Gym shoes*
- *P.E. Uniform*

Learning Activities

- *Skill Videos*
- *Article responses*
- *Health Labs*
- *Video Responses*

Learning Outcomes

Students will be able to...

- *Participate in physical activities with the goal of improving their health.*
- *Understand individual fitness concepts so that physical fitness becomes a learned and dedicated lifelong practice.*
- *Learn to further develop sportsmanship, teamwork, respect, leadership, and responsibility.*
- *Apply the correct rules, skills and strategies of selected games/sports.*



Physical Education/Health

- **Understand the concepts of diseases, human sexuality, healthy relationships, goal setting, careers and anatomy.**

Course Outline

Unit	Approximate Dates	Topics	Student Activities
<i>Strategies and Applications of Team Sports</i>	<i>Topics will be covered throughout the year.</i>	<ul style="list-style-type: none"> • Football • Soccer • Basketball • Volleyball • Softball • Hockey • Non-traditional games 	<ul style="list-style-type: none"> • Strategy based games • Tournaments
<i>Goal Setting/Careers</i>	Quarter 1	<ul style="list-style-type: none"> • Short Term Goals • Long Term Goals • Careers 	<ul style="list-style-type: none"> • Establishing Goals • Naviance Modules • Movie Responses
<i>Introduction to Anatomy</i>	Quarter 2	<ul style="list-style-type: none"> • Skeletal System • Muscular System • Nervous System • Respiratory System • Circulatory System 	<ul style="list-style-type: none"> • Lab sheets • Notes • Lab activity • Discussions
<i>Diseases</i>	Quarter 2	<ul style="list-style-type: none"> • Non-Communicable Diseases • Communicable Diseases 	<ul style="list-style-type: none"> • Labs • Notes • Discussions
<i>Strategies and Applications of Individual Sports</i>	Quarters 2&3	<ul style="list-style-type: none"> • Pickleball • Ping pong • Badminton 	<ul style="list-style-type: none"> • Strategy based games • Tournaments
<i>Applications of Fitness Training</i>	Quarter 3&4	<ul style="list-style-type: none"> • Core and stability training • Cardiovascular equipment • Basic lifting 	<ul style="list-style-type: none"> • Circuit training • Station based activities
<i>Human sexuality/ healthy relationships</i>	Quarter 3	<ul style="list-style-type: none"> • STD/STI • Contraceptives • Relationships 	<ul style="list-style-type: none"> • Labs • Notes • Discussions
<i>Fitness Gram Testing</i>	Quarter 4	<ul style="list-style-type: none"> • Pacer • Push Up Test • Sit Up Test • Sit and Reach Test 	<ul style="list-style-type: none"> • Physical Fitness Testing



Physical Education/Health

Major Course Assignments/Assessments

- *Fitness Testing*
- *Goal Setting Project*
- *Naviance*
- *Body Systems Research Project*
- *Careers Research Paper*

Grading Procedures:

- *Each quarter will be broken into two groups totaling 100%.*

Grades will be determined by the following category weights:

Category	Percentage
<i>Participation/Sportsmanship/ Responsibility</i>	75%
<i>Assessments</i>	25%

Grading Scale:

Letter Grade	Range
A	100-90
B	89.99-80
C	79.99-70
D	69.99-60
F	59.99-below

Absences/Make-up Work:

Students who are absent from school will be allowed to make up work for equivalent academic credit. The time allowed to makeup work will generally be one school day for



Physical Education/Health

every school day missed, starting with the first day the student returns to school. In extenuating circumstances a student may ask his/her teacher for additional time to make up work. It is the responsibility of the student (and his/her parent/guardian), not the teachers, to get the assignments, complete them, and turn them in, and to arrange a time with the teacher to make up any missed quizzes or tests. Incomplete work or failure to do the work may result in a lowering of grades.

Procedure to follow to receive and submit makeup work:

1. *Student will log into Canvas and go to date missed*
2. *Student will review the information covered for the day*
3. *Student will complete assignment stated in Canvas*
4. *Student will submit assignment as stated in Canvas*

Technology Policy

The District's electronic networks, including the Internet, are part of the District's instructional program and serve to promote educational excellence by facilitating resource sharing, innovation, and communication. Use of all electronic devices allowed as part of the District's Bring Your Own Device ("BYOD") program and the District issued Chromebook must be consistent with District policies and procedures. Such electronic devices may be used during instructional time only for educational purposes as approved by the Administration or teacher. Personal devices may be used by students during non-instructional time, such as during passing periods, and before or after school. Students may not place or receive phone calls during school day hours (6:20am to 2:46pm). Use is a privilege, not a right. Students and staff members have no expectation of privacy in any material that is stored, transmitted, accessed via the District's electronic networks. The District's rules for behavior and communications apply when using the electronic networks. Refer to the Chromebook Handbook issued by the district.

State specific technology guidelines for your classroom here

The use of cell phones while in the gym, locker room, health classroom, and bathroom is strictly prohibited. The use of chromebooks in the gym and health room are prohibited without teacher permission.



Physical Education/Health

Academic Integrity:

Students engaging in academic dishonesty, including cheating, intentionally plagiarizing, wrongfully giving or receiving help during an academic examination, altering report cards, and wrongfully obtaining test copies or scores will be held to the standards of the 17-18 CMS Plagiarism Policy.

Plagiarism/Cheating

Using someone else's ideas, phrasing or words and representing those as your own, either on purpose or through carelessness, is plagiarism. This is the same as "copying" the ideas of someone else. This includes, but is not limited to: copying from the Internet, copying from a reference source, copying from a friend, etc. Plagiarism can encompass an entire paper, a paragraph, a sentence, or even just one word. Any work that is turned in and is found to have been plagiarized will be disciplined as follows:

- All daily work, classwork, homework, and quizzes will result in a zero
- For large/unit assessments and projects:
 - 1st offense-Conference with the teacher with the option to redo the project/assessment for 50% off
 - 2nd offense- Conference with the teacher, parental contact, and a zero on the project/assessment

All subsequent offenses will result in a mandatory conference with the student, teacher, principal or student service coordinator. Consequences will be handled on a case by case basis.

Resources:

Naviance.com