**WELLNESS SYLLABUS**

**COACH BRIGGS**

This course is divided into two parts. (Classroom assignments & Activities/Exercise) Students will use a classroom copy of the textbook to use for this course. For each chapter there will be daily work and two types of tests (vocab & note).

Some units may employ the use of computer research for group presentations. Conduct grades will be based on following class rules, attitude, and abiding by the school motto. Character education will also be implemented into the curriculum.

We are on a 9-week grading period. We will be alternating the gym and classroom every other day. The percentages will be different for each grading period. In the end it will all equal out to 50% for PE and 50% for Health.

**CLASSROOM GRADE BREAKDOWN**

Major Test - 1/2

Daily Grades, Articles, Etc. - 1/4

Notebooks - 1/4

**Activity/Exercise BREAKDOWN**

Dress-out - 1/2

Participation - 1/2

**First 9 Weeks**

A Health overview

Chapter   3 Mental and Emotional Health

Chapter   4 Managing Stress

Chapter   5 Mental and Emotional Stress

Chapter 10 Nutrition

**Second 9 Weeks**

Chapter 11 Managing Weight

Chapter 12 Physical Activity and Fitness

Chapter 26 Safety and Injury Prevention

Chapter 27 First Aid and Emergencies

**Third 9 Weeks**

Chapter 19 Medicines and Drugs

Chapter 20 Tobacco

Chapter 21 Alcohol

Chapter 22 Illegal Drugs

**Fourth 9 Weeks**

Chapter   7 Family Relationships

Chapter 23 Communicable Diseases

Chapter 24 STD’S HIV/AIDS

Chapter 25 No communicable Diseases

**RULES AND CONSEQUENCES**

All rules set forth in the Shelby County Schools ”Students’ Rights And Responsibilities Code of Student Conduct” will be enforced and any violations of specified Levels II, III, or IV will **always** result in administrative referrals. Additional rules that will be applicable in Physical Education class shall be as follows:

1. Listen and follow directions
2. Participate in all class activities
3. Be on time for class and roll call
4. Be responsible for personal belongings
5. Respect other students’ belongings
6. DO NOT leave class w/o permission. Anyone who leaves class without permission or before the bell rings will be written up and administrator will be contacted.
7. ABSOLUTELY NO SAGGING!!!!!!!!! Any student who is sagging will be IMMEDIATELY SENT TO THE OFFICE.

**CLASS RULES**

7. Respect others

8. Keep hands & feet to yourself

9. Have good personal hygiene

10. Have a positive attitude

11. No Gum, Food or Liquids

12. No spray cans of any kind

13. No breakable products (glass)

**CONSEQUENCES**

**1st Offense** – Verbal warning

**2nd Offense** – Written assignment and/or parent contact.

**3rd Offense** – Referral to the office

**ABSENCES**

The P.E. grade is based on a points system. If a student has an excused absence he/she will be required to submit a written summary of a newspaper or magazine article for each day of absence. The articles are to be on any sport, health or fitness. Students have up to five days to complete and hand in assignments to receive make-up points. **Of course, when an unexcused absence occurs, there is no opportunity for make-up points.**

**TARDIES**

Students are expected to be in classroom and seated by the time the tardy bell has rung. If students are not seated in their assigned desk by this time they will be marked tardy. Each time a student is tardy, it will be documented. Once the student reaches three tardies in nine weeks will result in an automatic administrative office referral.

**CELL PHONE POLICY**

**STUDENTS ARE NOT ALLOWED TO BRING OR USE CELL PHONES IN CLASS. STUDENTS WITH A CELL PHONE OR CELL PHONE GOES OFF IN CLASS WILL RESULT IN AN IMMEDIATE ADMINISTRATIVE REFERRAL.**

**P.E. Fitness Plan/COURSE OUTLINE**

Students are expected to create a fitness plan and record all exercises done inside & outside of class. Students must record the activity or exercise and the how long they participated in the activity and/or exercise. The “**Fitness Plan”** will be checked periodically for a grade. The dates MUST be written on the “**Activities/Exercise** entries to receive full credit. The topics/units they will be writing about in Physical Education class will include but are not limited to the following activities/sports: Physical Fitness, Volleyball, Football, Basketball, & Ultimate Frisbee.

**DOCTOR’S NOTES**

A doctor’s note is needed to excuse a student from dressing out. However, if the doctor’s note indicates the student can participate on a limited basis they would be required to dress out. If the doctor’s note completely excuses participation the student will be given an alternate assignment (Fitness Plan Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc...). This is strictly a participation grade. If your student is participating in class (active or non-active) they will still have the opportunity to obtain an “A” in P.E. class. Those with asthma can be active in class but may need an inhaler, and those with inhalers must have a doctor’s note on file in the office.

**TESTING**

All students will be required to take quizzes, tests and/or exams throughout the course of the year.

-------------------------<-Cut Here->---------------------------------**Please sign below indicating that you have read and understand the TMS P.E. Syllabus and will abide by its rules.**

Student’s Printed name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

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