

# East Wake Academy Health & Physical Education Syllabus



Teacher Teams	Fall Semester	Spring Semester
Coach Brinson (mbrinson@eastwakeacademy.org) Coach Simmons (ksimmons@eastwakeacademy.org)	6th & 7th Grade	5th & 8th Grade
Coach Pope (kpope@eastwakeacademy.org) Coach C (ccox@eastwakeacademy.org)	5th & 8th Grade	6th & 7th Grade

## Health

### Class Subjects (Follow us on Twitter!)

- Nutrition & Physical Activity = **Coach Brinson @CoachBrinsonEWA (Room 503)**
- Mental & Emotional Health = **Coach Simmons @CoachSimmonsEWA (Room 502)**
- Alcohol, Tobacco, & Drug Prevention = **Coach Pope @CoachPope\_EWA (Room 502)**
- Personal & Consumer Health/Interpersonal Communication & Relationships = **Coach C @CoachC\_EWA (Room 503)**

### Classroom Rules

1. Raise your hand to speak or leave your seat.
2. Clean up after yourself.
3. Always do your best & **RISE UP!**

### Consequences

Students will receive a “strike” for a rule violation.

Strike 1 = WARNING (Infraction Slip)

Strike 2 = INFRACTION (Fill in Infraction Slip & move to different working area)

Strike 3 = LUNCH DETENTION

\*Infraction Slips must be given back to your teacher. LD Slips should be brought to lunch detention.

## Grading

- **Health (50%)**
  - o Minor Grades = 30%
  - o Major Grades = 20%
- **PE (50%)** Each day students will have the opportunity to earn 5 points.
  - 1 point = Dressing out for PE with proper shoes\***
  - 1 point = Daily Fitness Warm-Up**
  - 3 points = Completion of Daily Objectives**

\*If you do not have the proper shoes, you will not be allowed to participate and will automatically lose all 5 points for the day.

# PE

<p style="text-align: center;"><b><u>PE Rules</u></b></p> <ol style="list-style-type: none"> <li>1. No gum or food in the gym.</li> <li>2. On the whistle, stop &amp; listen.</li> <li>3. Ask permission to leave the gym.</li> <li>4. No cursing or teasing.</li> <li>5. Always do your best &amp; <b><u>RISE UP!</u></b></li> </ol>	<p style="text-align: center;"><b><u>Consequences</u></b></p> <p>Students will receive a “strike” for a rule violation.</p> <p style="text-align: center;"><u>Strike 1</u> = WARNING (verbal)</p> <p style="text-align: center;"><u>Strike 2</u> = INFRACTION (Time-Out, Fill in Infraction Slip, &amp; Loss of 1 Daily Objective point)</p> <p style="text-align: center;"><u>Strike 3</u> = LUNCH DETENTION + Loss of all 3 Daily Objective points</p> <p>*Infraction Slips must be given back to your teacher. LD Slips should be brought to lunch detention.</p>
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<b><u>REPRESENT</u></b>	<b><u>INTEGRITY</u></b>	<b><u>SERVICE</u></b>	<b><u>EXCELLENCE</u></b>
<ul style="list-style-type: none"> <li>-Be respectful to teachers, classmates, and equipment at all times</li> <li>-Follow all procedures</li> <li>-Be prepared to dress out everyday in correct PE uniform</li> <li>-Respect consequences</li> </ul>	<ul style="list-style-type: none"> <li>-Do warm up exercises and stretches correctly</li> <li>-Follow all rules of game</li> <li>-Practice good sportsmanship and honesty during game play and scorekeeping</li> <li>-Only touch your belongings</li> </ul>	<ul style="list-style-type: none"> <li>- Volunteer to help set up and clean up game equipment</li> <li>-Hustle to help reset game in between rounds</li> <li>-Assist teacher carrying equipment inside/outside</li> </ul>	<ul style="list-style-type: none"> <li>-Choose to be an effective leader during class</li> <li>-Give 100% effort in every sport, game, and exercise</li> <li>-Dress out and participate every day</li> <li>-Play safe and under control at all times</li> </ul>

<b><u>UNITY</u></b>	<b><u>POSITIVITY</u></b>
<ul style="list-style-type: none"> <li>-Accept differences and work together with teammates</li> <li>-Cooperate with instructions</li> <li>-Look forward to new partners and experiences</li> </ul>	<ul style="list-style-type: none"> <li>-Have a positive attitude</li> <li>-Always do your best</li> <li>-Cheer classmates on</li> <li>-Appreciate others success</li> </ul>

## PE Non-Participation Policies

- Students must have a signed note from a parent/guardian to be excused for the day. A parent's note will only be good for 2 school days. After that, a doctor's note must be provided or points will be deducted.
- Students who are unable to participate in PE for a week or more will be given various assignments to complete for a grade. These will be determined on a case by case basis.

## Dress Out Policies

- Please print your name on your PE shorts and shirt.
- You may wear an EWA PE uniform or any other EWA approved gear during PE (i.e. Athletic Team Gear or Club T-shirts).
- Shorts must be longer than fingertips when hands rest at sides.
- During cold weather, solid black, navy, or gray sweatpants are acceptable.
- Toms, Sperry's, boots, and ballet flats are NOT acceptable footwear for class.

## ADDITIONAL INFO for PE

1. Enter gym through the back door, move straight to the locker room, and change out.
  2. During class, you may keep your belongings in 2 places.
    - On the bleachers closest to the wall.
    - In a locker with a LOCK! \*Locks cannot be left on a locker overnight!
- DO NOT LEAVE ITEMS IN LOCKER ROOM UNATTENDED DURING CLASS.**
3. If you get hurt at any time during PE, inform a coach immediately. Do not wait until your next class.
  4. **NO ELECTRONICS** are allowed to be out during PE class time. (This includes students who are not participating!)
  5. Bring a water bottle to class! Proper hydration is extremely important!
  6. If you wear glasses, please consider bringing rec specs or an extra pair to wear during physical activity.