

East Wake Academy

Health & Physical Education Syllabus



| Teacher Teams | Fall Semester | Spring Semester |
|--|-----------------|-----------------|
| Coach Bowman (bbowman@eastwakeacademy.org) Coach Simmons (ksimmons@eastwakeacademy.org) | 6th & 7th Grade | 5th & 8th Grade |
| Coach Pope (kbunn@eastwakeacademy.org) Coach Ruth (truth@eastwakeacademy.org) | 5th & 8th Grade | 6th & 7th Grade |

Health

Class Subjects (Follow us on Twitter!)

- Nutrition & Physical Activity = **Coach Ruth @CoachRuth5 (Room 504)**
- 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 Bowman @Coach_BBowman (Room 504)**

Classroom Rules

1. Be prepared for class.
2. Show respect at all times.
3. Raise your hand to speak.
4. Clean up after yourself.
5. Always do your best.

Consequences for Rule Violation

1. First offense = Verbal Warning
2. Second offense = Move to different working area
3. Third offense = Lunch Detention

Grading

- **Health (50%)**
 - Journals/Warm Ups = 10%
 - Classwork = 15%
 - Projects = 25%
- **PE (50%)** Each day you will have the opportunity to earn 5 points for your PE grade.
 - 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

| <u>PE Rules</u> | <u>Consequences for Rule Violation</u> |
|--|---|
| <ol style="list-style-type: none">1. Be prepared.2. Show respect.3. On whistle, stop & listen.4. Ask permission to leave the gym.5. Always do your best. | <ol style="list-style-type: none">1. First offense = Verbal Warning2. Second offense = Time Out & Loss of 1 Daily Objective point3. Third offense = Lunch Detention & Loss of all 3 Daily Objective points. |
| <u>THE BIG 3</u> [If you break one of these rules, you will lose your 3 Daily Objective points!] <ol style="list-style-type: none">1. Absolutely no gum or food in the gym.2. Do NOT touch any equipment set out before class begins or left out after class ends.3. Stay on our half of the gym at all times. *unless you have permission or are getting a piece of equipment. | |

PE Non-Participation Policies

- To be excused from participating for the day, you must have a signed note from your parent/guardian. 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.
- If you are unable to participate in PE for a week or more, you will be given various assignments related to the class' daily activity to complete during PE time for your grade. These assignments will be determined on a case by case basis.

Dress Out Policies (Make sure your name is clearly printed 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 may not be shorter than 3 inches above the knee.
- During cold weather, solid black, navy, or gray sweatpants are acceptable.
- Toms, Sperry's, boots, and ballet flats are NOT acceptable footwear for class.

IMPORTANT INFO

1. Enter gym through the back door, move straight to the locker room, and change out.
2. **DO NOT LEAVE ANY ITEMS IN LOCKER ROOM UNATTENDED DURING CLASS.** You have 2 options for locations to store your stuff during class. 1- On the bleachers closest to the wall. 2- In a locker with a LOCK! *Locks cannot be left on a locker overnight!
3. If you get hurt at any time during PE, please inform a coach immediately before you go on to your next class.
4. **NO ELECTRONICS** are allowed to be out during PE class time.
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.



Parents,

The EWA coaching staff is excited for a great year of Physical Education and Health! Attached you will find a syllabus that explains our rules and procedures, as well as, other important information that you and your student will need to know for the year. Please read carefully over the syllabus and contact your child's coach if you have any questions.

After reviewing the syllabus, detach this page, sign below, and have your student turn it in to his/her coach.

By signing below, I am stating that I have read and understand all information covered on the Health/Physical Education syllabus.

Grade: _____

Student Signature: _____

Parent Signature: _____