

## 9th/10th Grade Physical Education and Health Syllabus

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### Course Description:

Health and Physical Education is a vital part of a complete education. Students involved in the Health and Physical Education classes will participate in activities that can enhance their academic performance, increase their fitness levels, and benefit classroom behaviors throughout the school day. Increasing health knowledge and developing healthy behaviors in our students helps them become well-rounded individuals. Students will be introduced to, and participate in, activities that will help them remain active through a lifetime. They will learn to set and achieve health related goals and work with others in multiple situations. During the Health portion of the class students will have an opportunity to explore health related topics in detail and learn positive decision making skills.

### Physical Activities: (Subject to change)

Fitness testing    Recreation Games    Basketball    Dance    Football    Softball    Floor Hockey  
Weight Room    Disc Golf    Racquet Sports    Speedball    Lacrosse    Soccer  
Ultimate Frisbee    Bowling    Swimming    Volleyball    Nitroball

### Health Topics: (Subject to change)

Fitness Components	Communication Skills	Body Systems
Stress/Time Management	Mental Wellness/Disorders	Chemical Health
Decision Making	Coping with Loss	Social Health

### Materials needed for this course:

- You are **REQUIRED** to be prepared for class each day by having a change of clothes, which allows you to function athletically and promotes good hygiene.
- Appropriate clothes include: shorts or sweats, t-shirt, sweatshirt, and tennis shoes.
  - **Failure to dress appropriately will have a negative impact on your grade.**

### Grading (5 points per day)

- Points for Health Class depend on the assignment

**-Attendance and participation are extremely important for PE.. Five points are earned each day for full participation, positive social interactions/teamwork, and skill development. Overall grading is based upon attendance, participation/effort, preparedness for class, assignments/projects/skills.**

**Requirements:** Student participation is a must. This is an activity-based class therefore students should expect to be active during the class period.

**Limited participation:** For extended non-participation a doctor's note is required.

For temporary limited participation a parent/guardian note is required and students will be asked to make up those points by a modified activity or scheduling with the teacher.

**Late Work:** All work is expected to be turned in by the due date.

