

## Madison County Public Schools

### Health and P.E. I



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LOCATION: Gym/Room 119B

### **Course Description**

Health and P.E. 1 students are making the transition from modified versions of movement forms to more complex activities across a multitude of physical activities. These activities may include outdoor pursuits, fitness activities, dance and rhythmic activities, individual performance activities, and games and sports. Students will demonstrate the ability to use basic skills, strategies, and tactics in a variety of lifetime physical activities. This class will align with 9<sup>th</sup> grade Virginia SOLs for health and P.E. The following is a syllabus for the 2022 Fall semester.

### **Course Objectives**

1. Students will be able to demonstrate competence in motor skills and movement patterns needed to perform a variety of physical activities.
2. Students will be able to apply knowledge of the structures and functions of the body and how they relate and are affected by human movement to learning and developing motor skills and specialized movement forms.
3. Students will be able to achieve and maintain a health-enhancing level of personal fitness.
4. Students will be able to demonstrate the aptitude, attitude, and skills to lead responsible, fulfilling, and respectful lives.
5. Students will be able to explain the importance of energy balance and nutritional needs of the body to maintain optimal health and prevent chronic disease.
6. Students will be able to demonstrate the knowledge and skills to make healthy decisions that reduce health risks and enhance the health of self and others.
7. Students will be able to demonstrate the ability to access, evaluate, and use health information, products, and services that influence health and wellness in a positive manner.
8. Students will be able to demonstrate the use of appropriate health practices and behaviors to promote a safe and healthy community when alone, with family, at school, and in other cooperative settings.

## **Course Overview**

### ***Rules and Procedures***

1. Students should be in the locker rooms before the tardy bell rings. At the beginning of class, students will be given 5 minutes to dress. At the end of class, students will have approximately 10 minutes.
2. Do not leave the locker room/gym area until dismissed by the teacher or the bell rings. Doing so will result in an administrative referral.
3. Students are expected to wear proper P.E. attire and be ready to participate.
  - a. You must adhere to the school dress code
  - b. Tennis shoes
  - c. Athletic shorts/pants and shirt
  - d. You must remove jewelry, watches, dangling earrings, etc.
  - e. No skirts, tank tops, cut off shorts, winter coats etc.
4. Students are responsible for securing their P.E. lockers at all times. The P.E. department is not responsible for lost or stolen items.
5. Students may not use equipment unless under direct supervision of the teacher.
6. All injuries need to be reported to the teacher before the end of class.
7. When students enter the gym, they are expected to wait for instruction for attendance and announcements.
8. Students will follow teacher instructions to ensure a safe learning environment.
9. Students refusing to participate in class activities or not being dressed properly to participate will be given an in class written assignment for the opportunity to receive half credit for the day.
10. No food or drinks allowed in the gym except plastic water bottles with tops.
11. Food and drinks may be allowed in the health room, but no junk food, no candy, no soda, no diet soda, no fast food. If your food is in a package and has a nutrition label it must have 12 grams of sugar or less in order to be able to eat in class.
12. PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times. Be respectful of other students, equipment, and teacher at all times and always demonstrate good sportsmanship during all activities.
13. Student-athletes are expected to participate fully in all PE activities to be able to participate in their after-school sport. If student-athletes have to sit out of PE due to illness or other personal reasons, the athletic director, athletic trainer, and students' coach will be contacted to ensure consistency. School is the top priority and must remain that way.

### **Parent Notes**

We understand that there may be times when an illness or an injury occurs and will inhibit a student from participating in class activities.

- Provide a note from parent or doctor explaining reason for no participation, include a parent or doctor signature, and contact information.
- Student-athletes can bring in notes, but the athletic trainer, athletic director and coach will all be notified to ensure consistency and safety.
- Your child may use three parent notes for the semester, any additional notes need to be from a doctor.

### **Absences**

Students are responsible to make up all days missed due to an excused absence from class. Students will only have 2 weeks from the due date of the missing assignment to turn it in. If missing a P.E. class, students are responsible to pick up the "PE Absence Assignment" in order to earn full points for that missed day. One absence assignment is needed for each day of PE missed.

## **Missing Assignments**

Students will have 2 weeks to complete missing assignments to receive full credit.

## **Required Materials**

- P.E
  - Athletic clothing
  - Tennis shoes
  - Water
    - Locker rooms will not be unlocked during class. Students are to bring water when coming out of the locker room to optimize class time.
- Health
  - 1 binder or folder to keep health materials and notes
  - Spiral or composition notebook
  - Chromebook
  - Writing utensils (pencils, pens)

## **Evaluation**

Students will be graded with the use of tests/projects (40%), quizzes (30%) and in-class student engagement (30%). Each quarter grade will be comprised of 45% formative assessments and 45% summative assessments and 10% for the final exam. Canvas will be used for in and out of class assignments for both health and P.E.

## ***P.E. Grading***

Students will be graded using the 5C's from the Virginia Department of Education. The 5C's include: creative thinking skills, communication skills, collaboration skills, critical thinking skills, and citizenship skills. Students can earn up to 10 points each day in P.E, therefore up to 50 points for the entire week. A variety of methods and assessments will be used to evaluate student progress. 45% will be composed of formative assessment and 45% for summative assessments, and the final will be 10%. There will be skills and written tests included in the student's grade as well.

**\*\*Contact time: Monday-Friday 10:10 am- 11:20am OR anytime past 3:10\*\***