Physical Education Department

**Course:** Health Opportunities through Physical Education (H.O.P.E.)

**Teachers:** Coach McGehee

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**Room:** 290L; Gym

**COURSE DESCRIPTION:**

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness according to Florida standards. H.O.P.E helps students to grasp and apply concepts and principles of fitness, health, and wellness while also understanding and using self-management skills that promote lifelong healthy lifestyles.

**COURSE CONTENT:**

H.O.P.E. is a yearlong class where health instruction will occur in the classroom on Monday/Wednesday/Friday. The student will be expected to dress out on Tuesday/Thursday for physical activity.

The following units will be covered:

Health Units: PE Activities:

1. A Healthy Foundation Determine resting heart rate

2. Mental and Emotional Health Muscular endurance

3. Healthy and Safe Relationships Body stretches

4. Nutrition and Physical Activity Presidential fitness test

5. Personal Care and Body Systems Basketball

6. Growth and Development Flag football

7. Drugs Volleyball

8. Disease and Disorders Ultimate frisbee

9. Safety and Environmental Health Variety of other games

**CLASS MATERIALS:**

All students are expected to have the following with them each day of classroom instruction:

* 3 ring binder (at least 1 inch thickness) or folder
  + Dividers to help with organization are encouraged
* PowerPoint notes (optional)
* Loose-leaf paper
* Pencil or pen
* Student planner
* Textbook: Florida Health

The notebook will be used for organizing and taking class notes, in-class book work, homework, and class activities or projects.

Students will have their own assigned locker for P.E. dress out days. Locks are provided after the $5 student activity fee and syllabus have been turned in (DUE 8/16). \*\*GBHS is not responsible for lost stolen items in the locker room.

Dress out days required materials:

* Athletic shorts/pants that follow the school’s dress code (shorts should be finger-tip length)
* Appropriate t-shirt (no tank tops) or sweatshirt
* Athletic shoes that cover the entire foot

**CLASS RULES:**

* Be on time with all required materials.
* No cell phone use during class unless otherwise instructed.
* No food or drinks in the class apart from a clear water bottle with a lid.
* Be respectful to you peers, teacher, and self.
* No cheating.
* Follow all rules stated in the Student Handbook and Code of Conduct.

**CELL PHONE POLICY AND TARDINESS:**

Cell phone use is not permitted in the classroom, unless otherwise noted. Technology can be very helpful if used appropriately in the health classroom. Cell phones should be put up out of sight and on silent-mode. Students will be made aware when cell phones are allowed. If a student is found with a phone, it will be an automatic referral. Absolutely NO cell phones on dress out days. They are to be locked up in your PE locker. If a student if found with a cell phone during P.E. activities, it will be an automatic referral.

Tardy Policy: students will receive a referral with their 3rd tardy/9 weeks. Students have 10 minutes after the bell rings on dress out days to be seated out by the stage. If a student comes out after 10 minutes, they will be counted tardy. Any student who shows up two minutes after the bell has rung will receive an automatic referral.

**GRADING:**

* 40%: tests/quizzes
* 40%: dress out and participation
  + Scale: 1 point for dress out and 2 points for participation=6 points/week
* 20%: Classwork

Grades can be access online through the grade portal at <https://students.santarosa.k12.fl.us/account/logon>. In order to login, students will need your student ID number and pin (4 digit birthday in MMDD format).

**COMMUNICATION:**

All H.O.P.E class will use the remind app to receive further classroom information. Students will receive instructions on how to join the first week of school.

“ATTITUDES ARE CONTAGIOUS. MAKE YOURS WORTH CATCHING”

**H.O.P.E. CONTRACT**

I have read and understand the H.O.P.E. syllabus and agree to follow the rules each and every day. I understand that my success in this class will depend on my effort in regard to classwork, participation, dressing out, and projects.

**Student name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

As a parent or guardian of the above student, I have read and understand the syllabus and expectations for my student in this class.

**Please check all that apply:**

\_\_\_\_\_\_ My child has home access to the Internet.

\_\_\_\_\_\_ My child has home access to a computer and printer.

\_\_\_\_\_\_ My child has permission to view PG or PG-13 rated movies or movie clips related to the content of this course.

**I understand that there is a $5 student activity fee associated with H.O.P.E. My child’s $5 fee:**

\_\_\_\_\_\_ is included (checks made payable to GBHS or cash)

\_\_\_\_\_\_ was paid online at My School Bucks (teacher received email informing when fee is paid)

\_\_\_\_\_\_ is not possible for my family at this time

**Parent/Guardian signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_