

## Syllabus “Respect Contract”

### Health and Physical Education Rules, Regulations, and Expectations

- HOW CAN I SHOW YOU RESPECT?

Respect for you: \_\_\_\_\_

- WHAT ARE YOUR PET PEEVES? (what gets on your nerves) (1 in school and 1 out of school)

#1. \_\_\_\_\_

#2. \_\_\_\_\_

Class Expectations (how you can respect your classmates/teammates/competitors and myself):

Behavior:

*(Demerits)* Fighting/touching in a physical way (slap boxing or hitting, tackling, wrestling), Tardy's, Leaving Class without permission, Having phone out in class, continual talking after being asked/warned to stop, having food or drink open in class, not being seated when the begin class timer goes off

*(Intervention Procedure)* 1. Verbal Warning, 2. Demerit and Verbal 2 3. Report to Mr. Young -If behavior trends such as dressing out or lack of participation (including doing alternate assignment) become consistent (more than 3 times) I have to make a phone call home for a verbal conference with a parent/guardian. Neither of us want this option. Lets just do what we need to in order to co-exist and have a great semester.

*(Merits)* Displaying character traits/actions that support and promote our school and class regulations. Examples: helping others succeed, having a positive attitude towards classmates, helping to take care of our facility by picking up trash or equipment

*(Silence Signal During Class)* When I raise my hand I will have a number 1-5 held up and it is your responsibility to flash that number back up at me and give me your attention by making eye contact with me until I start teaching/talking. I also use various countdown timers to start class or other certain activities; when the timer expires just show me you are ready for instruction by “giving me your eyes” which means make eye contact with me and eliminate distractions such as having cell phones out or talking to your classmate.

Class Procedure List:

*(Begin Class)* Enter class, find a seat on the bleachers, and get out your workout log before the wall timer runs out, look for silence signal from teacher, listen for your name during attendance

roll call, get dressed and return to your seat before the “dress out” timer runs out (8 min.) Failure to be back to your seat when the timer runs out can result in demerits or loss of participation points for the week.

(End Class) End class by dressing back into school attire and completing an exit slip for class if requested by the teacher.

### Dress Expectations:

No headgear including **hoods, hats, toboggans**, sunglasses.

Must go by school dress code; if dressing out you must have clothing that is respectable and appropriate in length and properly cover your body. You are NOT required to dress out as long as you can participate in each activity without your attire getting in the way. (Example: doing squats will not work in a dress) You will be rewarded if you dress out with **bonus credit** to your participation grade, Side Note: if you play basketball or a high energy activity and sweat you WILL smell for the rest of the day and changing clothes and using deodorant will solve this issue.

Grading:

Letter Grade	Score
A	100-90
B	89-80
C	79-70
D	69-60
F	Below

-Factors Affecting Grade: P.E. and Health Test/Quizzes, P.E. Participation, Classwork, Fitness Analysis Improvement Score. All grades will be either Formal or Informal; formal is your projects, test, quizzes and Informal grades are all other classwork and participation grades.

I \_\_\_\_\_ (student signature) promise to do my best at upholding this “respect contract” with my teacher. I realize these rules are made to help our class run smoothly and create an atmosphere of respect between myself, my teacher, and my fellow classmates.  
\_\_\_\_\_  
\_\_\_\_\_ (parent signature)

- A parent signature will earn you a responsibility merit (+1) and (+5) bonus points on your first test. (must be signed and returned within the first two class periods to receive bonus)
- Your signature will earn you a responsibility merit (+1) and (+3) bonus points on your first test. (must be signed and returned within the first two class periods to receive bonus)

## Health Education Skills

**Class Goal:** For each individual to become health literate and take control of their own health.

Health literacy is the ability to access, understand, appraise, apply and advocate for health information and services in order to maintain or enhance one's own health and the health of others.

Goal Setting-

Self Management-

Accessing Valid and Reliable Information-

Analyzing Influences-

Communication Skills-

Advocacy-

Decision Making-

## Physical Education Topics

**Class Goal:** For each student to become educated in Physical Literacy. Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.

Common Barriers to Being Physically Active-

Physical Fitness-

Measuring Heart Rate, EKG's, Maximum Heart Rate-

Heart Rate Zones, Rate of Perceived Exertion-

Warm Up and Cool Down Essentials-

Blood Circulation from Physical Activity-

Supporting Structures of the Muscular System-

The Muscular System-

The Three Muscle Types/Voluntary and Involuntary Muscles-

FITT Principle-

Health Related Fitness Components-

Skill Related Fitness Components-

Overload Principle-

Joints and Joint Movement in the Skeletal System-

Aerobic vs Anaerobic Fitness-

Fine vs Gross Motor Skills-

Intensity Specific Workout Planning-

Benefits of Physical Activity Routines-

Reflecting on the personal benefits of my fitness and nutrition choices-

Nutrition and Food Energy Hacks-

Creating a Workout and Diet Plan for Others-

Exercise Intensity-