

**P. E. /  
HEALTH**

**Foundation of Personal Fitness  
Individual/Team Sports**

**Aerobic: Gym  
(956) 565-4620**

Coach J. Cavazos Conference: 3A (12:58-2:28) 3B (12:58-2:28)  
Coach A. Perez Conference: 1A (10:37-12:07) 1B (9:00-10:30)  
Coach D. Simons Conference: 4A (2:35-4:05) 1B (9:00-10:30)

✓  
8-14-18

**Purpose:** The main purpose of the physical education class, is to guide students in the process of becoming physically active for the rest of their lives. This is a one semester course and is a combination of personal fitness, individual and team sports, with an emphasis' on lifetime sports.

**Objective:** The physical education program consists of five parts: class instruction, practice drills, skills tests, written tests, and recreational time. Activities offered are personal fitness, individual sports (ex: weight training, aerobics) and team sports (ex: football, basketball, volleyball, etc.)

- Class rules:**
1. Be courteous to both staff and classmates/Practice good listening and oral skills
  2. Class will be dismissed by the teacher
  3. Students must dress out daily in the proper p.e. uniform
  4. Students must be ready for roll call five minutes after the tardy bell, After 3 tardies, students will be sent to the office
  5. **CELL PHONES- Electronics will be allowed ONLY with the permission of the teacher**
  6. Storage space is limited, please do not bring valuables, large amount of monies, etc. to class
  7. **Food, gum, and snacks** will not be allowed during class
  8. Students must follow gym rules at all times (rules are posted throughout facility)
  9. If you are taking multiple p.e. classes during the same semester you will still be required to meet the requirements for each class
  10. Extra credit is allowed in the form of fun/runs/ cycling events (**NO MORE THAN 3 PER 9 WEEKS**)

- Assignments:**
1. Homework/Class work appropriate to activity may be assigned
  2. Alternative assignments will be assigned due to individual circumstances
  3. Projects at teachers discretion

**Supplies needed:**

1. P.E. uniform must be purchased from P.E.Dept.
2. Warm-ups (forest green & gray)/compression shorts may be worn
3. Tennis shoes must be worn as part of p.e. uniform (no sandals, boots, etc)
4. Supply own toiletries (deodorant, soap, towel, etc)

**Grading Procedures & Weights:**

	<u>9wks.</u>	<u>Semester</u>	
1. Class participation	40%	1 <sup>st</sup> . 9 wks. Grade	37.5%
2. Skills tests	40%	2 <sup>nd</sup> . 9 wks. Grade	37.5%
3. Quiz	20%	Semester Exam	25%

All homework is due on the designated day at the beginning of class. No late work will be accepted. Make up work due to absences will be done during tutorial. Students may retake tests upon receiving a failing grade. Retests will be administered only once and student will receive a grade no higher than a 70. It is a student's responsibility to make arrangements for makeup work and retests. Make-up work and retests must be made up within subsequent 9 week period.

**Incorporated into the class activities will be:**

**Formative Assessments-** A tool used to help students during the learning process in order to modify teaching and learning activities to improve student attainment (presidential fitness, sport related skills, etc..) and **Summative Assessments-** a way to *evaluate student learning* at the end of an instructional unit by comparing it against some standard or benchmark (end of activity, chapter written exam, etc.)

Student's Name -**PRINT**

Student's Signature

Parent Signature

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8-14-18

Advanced Health Syllabus 2018-2019

Dennis Simons Conference: 4A-2:41- 4:05/1B- 9:00- 10:30 Phone number-956-565-4620  
Alyssa Perez Conference: 1A 9:00-10:30/1B- 9:00- 10:30 Phone number-956-565-4620  
Room: Gym

**Purpose:** To make learner more aware of his/her mind, body and society in general. Health-related concepts and the well being of people will be studied. Course of study covers one semester.

**Objective:** To educate students regarding the importance of self-responsibility in achieving and maintaining a healthy lifestyle.

- Class Rules:**
1. Be courteous to staff and classmates/practice good listening and oral skills
  2. Three (3) tardies and student will be sent to office for disciplinary action
  3. Will come prepared with class materials (pen, pencil, textbook, paper, etc)
  4. Extra credit in the form of fun/runs/ cycling (**NO MORE THAN 3 PER 9 Weeks**)

**Assignments**

1. Homework and class work will be assigned when appropriate
2. Individual and/or group projects will be assigned when appropriate (ex: 1<sup>st</sup>. aid kit, nutrition presentation, etc.)
3. Quizzes: a minimum of 1 unannounced quiz per week over material covered or assigned.
4. Tests: 1 test at end of each chapter; 9 weeks exam; semester exam

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3. Tests	40%	Semester Exam	25%
4. 9 wks. Exam	20%		

**ALL WORK** is due at the designated assigned time. Students absent on a day work is due shall turn in the assignment on the day the student returns to school. Provisions will be made during tutorial for make-up work. Makeup work due date(s) shall be established on an individual basis through conversation with the teacher, student, and/or parent. All homework/assignments are due at the beginning of the class period. In case of absence, it is the **student's responsibility** to contact instructor as to the work or assignment missed.

**LATE WORK** will not be accepted after 3 school days after due date (special circumstances may apply and will be dealt with on individual basis).

**RETESTING PROCEDURES:** Students may retake tests only upon receiving a failing grade. Additional assigned material may be required along with tutorial time before being allowed to retest. The time and date for all retests is determined by the teacher and student and **MUST** be taken within subsequent 9 weeks.



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Room: Gym

Retests shall be administered only once and the student will receive a grade no higher than a 70. **Nine week test and semester/final exam will not be retested.**

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\_\_\_\_\_  
Student's Name      **PRINT**      Student's Signature

Parent Signature \_\_\_\_\_

\_\_\_\_\_  
Parent's Contact Phone #      &      Email Address

\_\_\_\_\_  
Other form of contact