Erie High School- Wellness and Fitness 1

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**Course Description**

The Physical Education Department is anchored in the integrated teaching of physical, mental/emotional, and social wellness. We believe in lifelong fitness activity, decision-making/problem solving, interpersonal relationships, expression and creativity. In keeping with the beliefs of the PE Department, this required health and physical education class will focus on learning and integrating healthy lifestyles for students that will encompass all areas of wellness in order to maintain a healthy and wholesome life.

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| **Physical Literacy** | **Health Literacy** |
| Daily warm-up routine  Fitness testing  Functional fitness  Fitness Lab  Team Sports  Combination skills | FLASH Curriculum  Reproductive System  Pregnancy  Sexual Orientation  Gender Stereotypes  Consent  Suicide Prevention |

**Class Procedures**

* Attendance will be taken after the tardy bell. You will be assigned to an alphabetical, numeric spot
* Only water is permitted in Gym –NO FOOD
* STUDENTS MUST HAVE PROPER FOOTWEAR! This does not include: crocs, sperrys, slides, boots, timberlands, etc… students must have a sneaker-type of shoe!
* Unexcused absences will not be allowed to be made up
* A doctor’s note is required to be medically excused where by an alternative assignment will be given.
* All students are expected to conduct themselves in a respectful and appropriate manner.  If necessary, parent will be contacted as well as a referral may be written up for the student. **Refer to the BR3 Chart for Major and Minor offenses.**

**Uniform Requirements** Gym shoes are required! **No exceptions!**

**Your Classroom Expectations and Your Responsibilities**

* Be respectful…towards yourself and others and their property. **How we treat others is a reflection of who we are.** Use polite speech and body language. Speak with respect!Property : If it doesn’t belong to you don’t touch it-
* Be prepared… Bring what you need with you
* Be on time… Attend to personal needs before class begins
* Safety FIRST! You are responsible! Any behavior that is determined by the teacher to be unsafe or disruptive to the educational process will not be tolerated.

**Grades (Points):** Students will be graded daily using a (10) point scale.

2 points-on time attendance

2 points- attitude, socialization characteristics, respect for all

6 points- participation and effort throughout the ENTIRE CLASS

10 points = 100% per day