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**9th Grade**

###### Health & Physical Education Syllabus

Cindy Lyon

# The Health and Physical Education program promotes behaviors that contribute to a healthful lifestyle and

# improved quality of life for all students.

# This course supports and reinforces the appropriate

# goals and objectives of the

# Healthful Living Education portions of the

# North Carolina Standard Course of Study.

# COURSE SCHEDULE

Health: Wednesday, August 25 through Friday, September 24

Phys. Ed: Monday, September 27 through Wednesday, October 27

Health: Monday, November 1 through Monday, December 6

Phys. Ed: Tuesday, December 7 through Thursday, January 6

Final Exams: January 7th,10th,11th,12th,13th,14th

(13th & 14th – retests)

## COURSE DESCRIPTION

##### Health

9 weeks long divided into two 4 ½ - week sections

Section one: 22 days long

Section two: 23 days long

##### Physical Education

9 weeks long divided into two 4 ½ - week sections

Section one: 22 days long

Section two: 16 days long

## MATERIALS (Required daily, pending section)

HEALTH: Single-subject notebook (any type ruled), pen/pencil

If you have to ask me for **required** class materials, (like pens, pencils or paper) **5** points will be deducted from your daily grade for every material I issue.

PHYS. ED: Gym clothing- t-shirt, shorts, sweat shirt/pants,

wind suit, tennis shoes

**(Clothing must be compliant with AL Brown dress code)**

Clothing does not have to be a specific color for gym class, however, clothing must fit properly-

meaning it must not be too loose or too tight.

(over, please)

### FEES

A **$5.00** fee is required for coverage of supplementary materials and equipment used in Health and Physical Education class.

### LOCKS

**YOU** are responsible to bring a lock for your gym locker. ALBHS will not be responsible for any items stolen from an unlocked locker. If you are more comfortable with giving your valuables (money, phones, etc.) to me, I will hold them during class or lock them in my office.

### ATTENDANCE

**Students may not exceed eight absences in a semester and still receive credit.**

#### GRADING

* Every day in Health or Physical Education is worth **20 points** unless the week is shortened by holidays, workdays or inclement weather. At the end of a week, the points earned will be added and a weekly grade will be given to each student.

(example: 20 points every day = weekly grade of 100)

(Adjustments to points will be made on weeks with less than 5 days of school)



Consequential Grading

* **10 points will be deducted for unexcused tardies.**
* **5 points** will be deducted from a student’s daily grade for discipline problems such as **disruptiveness, disrespect or noncompliance.**
* Points will also be deducted from a student’s daily grade for **not completing assignments during class**.
* **10 points** will be deducted from a student’s daily grade for **not dressing out** inPhysical Education class.
* **No points** will be awarded to a student that chooses to **not participate in class.**

On the Web

* Please visit [www.mrs-coach-lyon.weebly.com](http://www.mrs-coach-lyon.weebly.com) for more information about our Health and Physical Education class.

**9 WEEKS GRADE**: avg. of weekly & test grades

**FINAL GRADE**: 1st 9 Weeks + 2nd 9 Weeks = 75%

EXAM = 25%

Parent / Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_ - 2010

**\*\*\*Parent / Guardian:\*\*\***

**Please notify me in writing (on separate sheet) of any medical conditions or problems of which I need to be aware concerning your students’ physical participation in class.**