

9th Grade Physical Education & Health Syllabus

Supplies Needed:

1. Shorts/Sweatpants (everyone must wear gym shorts that hang near the knee, nothing shorter.)
2. Appropriate T-shirt (no holes, offensive material, or too revealing.)
3. Tennis shoes
4. Socks
5. Coat for inclement weather
6. Towel
7. Physical & Parent Slip

Grading Policy:

We will be lifting roughly twice a week. If your maxes have not improved after each semester then you will be docked points. Consider this your Semester TEST!

*During the second and third nine weeks you will have health class twice weekly.

Health will total about half of the nine week grade. All assignments must be turned in on time or will be subject to a lower grade or a ZERO.

Daily Grading:

You may earn a total of five points daily.

1. Dressing out properly
 2. Showing proper respect and care for equipment
 3. Demonstrating appropriate behavior in class
 4. Putting a good effort into the activity
 5. Having a good attitude towards classmates and teacher
- * A Zero will be given if a problem persists throughout the class period.

Make-up Grades:

If you miss a class for any reason you will need to make that day up.

There are two ways you can make a day up and get full credit.

- 1) Type a one-page paper, 12 pt. font double-spaced, on an athletic article out of a magazine, newspaper, or from an online source. At least half of the paper should be detail about what the article stated and the rest should be why you chose this article and any other thoughts you have about the topic.
- 2) Do 30 minutes of physical activity outside of school and have a teacher, parent, or coach sign a note saying what you did, how long you did it, and what day you would like to make-up for. This will NOT include any school activity that you are already a part of. Things this may include are; Lifting weights, running, chores around the house, sports, recreational activities, etc. We are looking to enhance physical activity in all aspects of your life.

9th Grade Physical Education & Health Syllabus

Activities:

Soccer	Conditioning
Flag football	Speed training
Horseshoes	Agility training
Volleyball	Plyometrics
Badminton	Strength training
Table tennis	Running
Basketball	Jump roping
Track	Frisbee
Croquete	Eclipse Ball
Softball	Wiffle Ball
Bowling	Pickle Ball

-- I will accept no excuses from participation.
If for health or injury reasons you are
unable to participate in the assigned activity,
an adaptive program will be created and
assigned to you.

*Other activities may be added as the year progresses.

Health:

In addition to the physical activity the students will cover the following topics in the health classroom. During the 2nd and 3rd nine week periods the students will be in the classroom 2 days and active the other 3.

- Overall Wellness—6 dimensions
- Heart Disease
- Stress Management
- Mental and Emotional Health
- Smoking
- Alcohol & Drugs
- W.A.I.T training
- Individual Exercise Plans
- Nutrition
- Various Current Health topics

Multicultural:

We will be participating in several multicultural activities and games, listening to multicultural music during exercise, and counting during stretches in other language, mainly Spanish.