**FRESHMEN HEALTH / PHYSICAL EDUCATION**

**Syllabus**

**Mrs. Swierenga**

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*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you received from God? You are not your own; you were bought with a price. Therefore honor God with your body.”* ~ I Corinthians 6:19­20   
  
God has made it abundantly clear through His word that our bodies are important to Him. They are gifts He has given us with which to praise Him. Through Health and Physical Education class, my hope is that you will learn to properly care for your body both now and in the future. It is our responsibility to properly care for our bodies.

**Course Description:**   
This course is designed to provide students with the opportunity to examine their lifestyles, habits, and goals as it relates to their physical wellness. This course will provide various strategies to maintain and improve a vigorous and healthy lifestyle.

**Course Grading:**   
Students will receive an overall grade that will include both Health class and Physical Education class.   
Physical Education: 5 points for participation will be awarded each day of PE. Point breakdown: 2 points for appropriate attire and 3 points for participation.  
Health: Assignments and tests will be listed on class moodle.

**Course behavior:**

Students are expected to display proper behavior in all aspects of the Physical Education environment - locker room, gymnasium, outdoor facilities or classroom. All students are expected to demonstrate proper respect toward all other students.

**Cell Phones:**Students are expected to follow school policy regarding cell phones. They will be turned in to the designated spot prior to class starting and picked up once the dismissal bell rings. Not following the policy will result in the phone being turned into the office. No cell phone use in the locker rooms.

**Participation:**

Students are expected to participate every day in Physical Education. If a student is unable to participate due to illness or injury, he/she must present a note from his/her parents. If the injury requires extended time off, a note from a physician will be required. Note: all H.C. athletes are expected to participate in Physical Education class on the day of a game/meet.

**Clothing:**

All students must bring extra clothing to participate in Physical Education class. Proper attire includes: shorts, t-shirt, socks and athletic tennis shoes. The shorts must be at least fingertip length (no shorter). The t-shirt must have sleeves and should cover your entire stomach. Sweat pants and/or sweatshirts are also acceptable. Grades will be affected if proper attire is not worn. Also, students are expected to participate in class even if you forget your clothes!

**Safety Issues:**

All jewelry/hats that could be dangerous when participating in Physical Education should be removed before class. This would include dangling earrings and hoops, necklaces and chains.

**Health Units**:

* ● Life Skills: A Strong Foundation  ●  Alcohol, Tobacco, and Other Drugs
* ●  Social and Emotional Health   ●  Personal Health and Wellness
* ●  Nutrition and Physical Activity   ●  Reproductive Health
* ●  First Aide/CPR/AED instruction
* **Physical Education Units:**
* ●  Ultimate Frisbee   ●  Basketball   ●  Pickle Ball
* ●  Soccer   ●  Dance ●  Spike Ball
* ●  Football   ●  Badminton   ●  Softball
* ● Volleyball   ●  Fitness ●  Tennis
* ●  Team Handball ●  Floor Hockey ●  Disc Golf