**Health & Physical Education**

# **“Do the best you can until you know better. Then when you know better, do better.” – Maya Angelou**

 **Non-Negotiables**

1. Respect yourself, peers, teachers & equipment
2. Be prepared for class
3. Athletic shoes must always be worn for PE. No Slides (Anything you can slide your foot into), Birkenstocks, Heels, Boots .
4. No food, chewing gum or drinks allowed. However, water is encouraged & acceptable in the gym. 😊

 **Supplies Needed for Class:**

* Athletic Shoes
* Tier 1 Laptop (Quizzes on Fridays)
* Reusable Water Bottle
* Pencil

 **Wish List:**

* **Band-Aids**
* **Hair-Ties**
* **Feminine Products**
* **Gator Balls**
* **Flip Score Boards**

**Grading Scale**

Physical Education Points = 75%

Quizzes/Test’s = 25%

 **Course Description**

Welcome to the 2023-2024 school year! We are looking forward to a great year in Health and Physical Education, and we hope you are just as excited!  Our focus this school year will be developing basic skills & game play situations, fitness components and functional fitness in Physical Education. Our focus this school year for health will be developing competency in nutrition, prevention of alcohol, tobacco and other drug use, first aid, CPR (8th Grade), family life (see attached form) and mental/emotional health.

 **Class Rotation**

Students will spend 3-weeks in each location for PE & Health. Health will be taught in room 304 near the office. Auxiliary Gym is the old Elementary school library, students will focus on fitness concepts. Trexler Gymnasium will have a focus on sports concepts and skill components.

**Grading in PE**

Each day in class students begin with a 100% participation grade. If a student does not fully participate in the stretches and the activity of the day they will get a 75%. Students are allowed to walk in PE instead of participating in the activity of the day but will still be held accountable for all quizzes and will receive a 75% for participation that day.

**Mild Behavior Issue: 3 Warnings= Yellow Zone + Call Home Moderate to continuing Behavior= Red Zone + Call Home**

PLEASE READ THE COURSE INFORMATION, SIGN, AND RETURN THIS SHEET TO Coach Morris

**Students:**

Please sign below to signify that you have read the course sheet for Coach Marshburn, you will keep it in your notebook, and will be responsible for the information throughout the year, and **will check PowerSchool at least once per week at school or at home.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Printed Name Student Signature**

**Parents/Guardians:**

**Parents and guardians, please CIRCLE the best way for me to contact you:**

E-mail Phone

**Please provide the best e-mail and phone number to reach you at:**

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Alternate Phone (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Is there anything you would like us to know about your student?** (examples: *asthma, allergies, previous injuries, etc)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please sign below to indicate that you have read the course sheet for Coach Morris’ class and that you will help your student be accountable for the information. If you have questions, please do not hesitate to contact me; email or remind is the best way to reach us quickly.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Printed Name Parent/Guardian Signature