



Marine Science Magnet High School

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Health & Physical Education (HPE) 2024-2025

Course Descriptions:

Physical Education

The physical education program places emphasis on developing a physically informed student. The goal of all physical education classes is to help students attain, understand and find joy in the importance of both an active mind and body. This is done by the introduction of teamwork, personal fitness, strategy and lifetime activities units taught throughout the year. These experiences may include team and individual activities, personal fitness goals and the State Fitness Assessment.

Activities are used to develop:

- a lifelong appreciation for physical activity
- teamwork and cooperative thinking
- a positive attitude towards fitness and an active lifestyle
- fairness, leadership, character, communication, and individual fitness

Health Education

The Health education program includes a variety of topics on wellness, safety and mindfulness. The following units will be covered:

- Physical, Mental & Emotional Health Unit
- Alcohol, Tobacco & Other Drugs Unit
- Safety Unit
- Relationships Unit

Materials Needed:

Physical Education - Students will not be changing out of the school attire, but are encouraged to wear athletic clothing to school on days they will have P.E. class. Students are **required to wear sneakers** to class for safety reasons.

What to wear for class?

DO's:

- Comfortable athletic clothing that students feel comfortable moving around in
- Sneakers (including Converse are acceptable)
- Sweatshirts, coats, hats, sunglasses (when outside)
- Dress appropriately for the weather (we will be outside for Q1 & Q4)
- A POSITIVE ATTITUDE!

DON'Ts:

- Boots, anything with a heel (including wedges)
- Crocs (sport mode or not)
- Sandals or any open toe shoes

Students are not required to, but encouraged to have:

- water bottle
- change of socks (in case it is wet outside on the field)
- change of shirt (if students feel like they may be too sweaty)
- deodorant (please make sure you are clean and tidy for your next class)
- Colder weather: coat, hat, pants, sweatshirt, gloves, etc. (wear attire that you will be comfortable in during hot or cold weather)

Retake / Revision Policy

- All students will be allowed to retake/revise all interim and unit summative assessments (with the possible exception of ECE assessments).
- Retakes/revisions on any summative assessments must be completed within **2 weeks of when the assessment was returned to the student** or before the end of the quarter, whichever comes first.
- Students who want the opportunity to retake/revise a unit summative assessment must have completed all **scored** and **graded** assignments before taking the original summative assessment or the end of the quarter, whichever comes first. In addition, any part of a unit summative that is done outside of class, must be complete and turned in on time in order to be eligible for a retake/revision.
- Retakes/revisions are re-evaluations of learning; therefore, students earn the new grade not an average of the two grades, regardless of whether the new grade is higher or lower than the original.

*Note: There are no retakes/revisions for Midterms or Finals. Students with IEP or 504 accommodations for extended time should work with their teacher and/or case manager to determine appropriate application of their accommodations to this policy.

Late Work

Missing graded work/formative assessments must be completed, fully and accurately, before the unit summative assessment due date or the end of the quarter, whichever comes

first, in order to receive credit. Any missing work will receive a 0 in PowerSchool until it is turned in before the summative assessment. After a unit summative assessment, work cannot be made up and will remain a 0 in PowerSchool.

Health Late Policy:

Health assignments & projects will not have a late point penalty, but will not be given the opportunity to hand it in prior to two weeks after the due date or the end of quarter (whichever comes first).

Classroom Attendance, Academic and Behavior Expectations

All MSMHS students are required to uphold the attendance, academic and behavioral expectations outlined in the school's Student/Parent Handbook which can be found on the MSMHS website.

Missed P.E. Classes

Since Physical Education is almost entirely a participation course, students can miss up to 3 P.E. classes in each quarter (Q1 & Q4) without having to do any make-up classes.

You may be excused from those classes as long as a doctor's note is provided.

Cellphones

Students are permitted to bring cell phones to school, however, they must be stored in the designated location in each classroom throughout the block, including study hall. Students may not bring cell phones with them when they leave the classroom for any reason. Students may also be required to turn smart watches or other devices to designated locations during class at the request of the teacher. Students found to have violated these expectations will be required to turn their cell phone into school administration and it will be released to the student's parent or guardian. Repeated offenses may result in escalated consequences. Cell phones may not be used in restrooms for any reason. Cell phones may be used before, during lunch, or after school hours.

Grade/Grade Reporting:

Overall evaluation in a course is measured in a number of ways in the form of formative and summative assessments.

- **Formative = Daily Rubric Points - up to 12 points per week**
 - Students will be giving themselves a self assessment at the end of each class with a quick reflection. Students must provide what they need to improve on in class that explains the grade they gave themselves.
- **Summative = Midterm & Final**
 - Midterm: Health related presentation/project
 - Final: P.E. related project

MSMHS uses the following language for communicating how assignments will be scored and represented in PowerSchool:

- **“Graded”** – The assignment is evaluated for accuracy (not completion), is given a numeric score, is entered in PowerSchool and is included in the quarter average.
 - Daily Rubric Points (self assessed)
 - Teacher Daily Points
 - Quizzes in Health
 - Midterm
 - Final
- **“Scored”** – The assignment is evaluated for accuracy (not completion), is given a numeric score, may be entered into PowerSchool, but is not included in quarter average.
 - Peer Assessments
 - Formative Assessments at the beginning/end of class
- **“Recorded”** – The assignment is marked as completed or not completed, not given a numeric score, may be entered into PowerSchool, but is not included in quarter average.
 - School Wide Rubrics
 - Guided Notes for each topic in Health

Course grades are calculated by using the following percentages:

Q1 = **20%**

Q2 = **20%**

Midterms = **10%**

Q3 = **20%**

Q4 = **20%**

Finals = **10%**

The following table shows the letter grades equivalent to numerical grades and GPA.

Letter	Numerical Equivalent	GPA Equivalent	Honors Weighting	AP/ECE Weighting
A+	97-100	4.3	4.52	4.73
A	93-96	4.0	4.20	4.40
A-	90-92	3.7	3.89	4.07
B+	87-89	3.3	3.47	3.63
B	83-86	3.0	3.15	3.30
B-	80-82	2.7	2.84	2.97
C+	77-79	2.3	2.42	2.53
C	73-76	2.0	2.10	2.20
C-	70-72	1.7	1.79	1.87
D+	67-69	1.3	1.37	1.43
D	63-66	1.0	1.05	1.10
D-	60-62	0.7	0.74	0.77
F	50-59	0.0	0.0	0.0

Academic Integrity:

All work submitted by students should be a true reflection of their effort and ability. If submitted work or tests are not, then the student has manifested unacceptable academic behavior.

Plagiarism

Plagiarism is defined as intentionally or unintentionally presenting another's work as your own. Any source material (electronic, written, verbal) accessed to complete an assignment must be cited. Plagiarism includes the following:

- Copying verbatim or blending source material with your own without proper attribution,
- Paraphrasing source materials or borrowing ideas, terms, or concepts without acknowledging the source,
- Inventing sources or false attributions for sources,
- Supplying/selling your work to another or purchasing/copying another's work.

Cheating

Cheating is defined as copying all or part of an assignment or assessment or allowing another to copy your work. It is also doing someone's work or having someone else do your work. Cheating includes the following:

- Using unauthorized materials, devices, or assistance of any kind to complete your work or assessment, including on-line transfers,
- Collaborating on a task without the teacher's authorization, as well as providing or receiving information so as to give/gain an unfair advantage,
- Aiding another in cheating.

Other Academic Misconduct

Other forms of serious academic misconduct include:

- Altering grades,
- Stealing or obtaining test/assessment materials or answers,
- Submitting the same (or nearly the same) work for more than one class without disclosure or approval,
- Falsifying information on school related documents and forms.

ANY behavior that can be defined as cheating/plagiarism represents a violation of mutual trust and respect essential to education at MSMHS. Students suspected of cheating should expect to be questioned by their teacher. Students violating this rule are subject to the following penalties:

- Re-do of the assignment, notification to parents/caretakers; disciplinary consequence, written summary of event and action taken given to administration.
- If a student is found to have cheated/plagiarized a second time or is involved in a particularly serious act of cheating/plagiarism, the student will be referred to administration for appropriate penalties beyond those listed above. Additional penalties include such consequences as

notification to award and scholarship committees; suspension from class or school and notification to the student's prospective colleges; loss of or disqualification from honors/privileges and positions (e.g. NHS, school leadership position).

Course Unit Outline - P.E. & Health and Tentative Dates:

Note: The Teacher has discretion to change throughout the year.

Quarter 1: Physical Education (outside) August - November

Unit 1 – Teamwork (volleyball, soccer, capture the football, ultimate frisbee, basketball, pre-fitness test, other team building activities)

Students will learn...

- *Teamwork is a lifelong skill*
- *You need others to accomplish a goal*
- *There are various and valuable roles that all play a part of a group*

Quarter 2 & 3: Health (inside) November - April

Unit 2 – Physical, Mental & Emotional Health

- *Health Introduction*
- *Nutrition & Wellness*
- *Healthy Food Choices*
- *Fitness*
- *Communicable & Non-Communicable Diseases*
- *Mental Emotional Health*
- *Stress & Mental Health*
- *Suicide Prevention*
- *Social Media*
- *Blue Zones*

Unit 3 – Alcohol, Tobacco & Other Drugs

- *Tobacco & Vaping*
- *Alcohol*
- *Drugs & Psychoactive Drugs*
- *Opioids*

Unit 4 – Safety

- *CPR/AED*
- *Basic First Aid*
- *Safety (car, bike, home, weather, water, outdoors, etc.)*
- *Guest Speaker: Firefighter Paramedic*
- *PSA Project*

Unit 5 – Relationships

- *Healthy vs. Unhealthy Relationships*
- *Gender & Sexuality*

- *Male & Female Reproductive Systems*
- *Sexual Activity, Contraception & Consent*
- *STDs & AIDS Prevention*

Quarter 4: Physical Education (outside) April - June

Unit 6 – Personal Fitness

- *Fitness Components*
- *Heart Rate*
- *Creating a personal fitness goal*
- *CTPFA*

MEDICAL CONCERNS:

If you have a medical condition that prohibits you or you need specific modifications in order to participate in Physical Education class, please come and talk to me privately. Students who have medical conditions concerning participation in class, must speak to me before I begin teaching class.

If you are sick or injured and need to be excused from physical education class, you need to notify the school nurse. Any notes from parents or doctors must be given directly to the school nurse, so it can be documented for safety purposes.