



# George Washington High School

## Course Syllabi

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**Course Name:** Health & PE 9th & 10th

**Instructor Name:** Quincy Bell

**Contact Information:** contact me via school email

- School Phone & Room Ext.: 434-799-6410
- Room location/ #: Auditorium
- Email address: qbell@mail.dps.k12.va.us
- Planning Period: 2nd and 4th
- Tutoring Schedule: Named at a later date

**Course Description:** Students in grade 9 are proficient in fundamental movement skills and skill combinations and are competent in self-selected physical activities that they are likely to pursue throughout life including outdoor pursuits, fitness activities, dance and rhythmic activities, aquatics, selected individual performance activities, and net/wall and target games.

### **Course Competencies/Learning Objectives:**

- A. They understand and apply concepts and principles of mechanics and anatomy in relation to human movement and apply the concepts and principles of the body's metabolic response to short-term and long-term physical activity.
- B. Students are good leaders and good followers; they respect others, and anticipate and avoid unsafe physical activity situations.
- C. They develop the ability to understand and they anticipate how physical activity interests and abilities change across a lifetime.
- D. Students demonstrate competency in lifelong physical activities and plan, implement, self-assess, and modify a personal fitness plan.
- E. Students are prepared to lead a physically active lifestyle.

### **Student Evaluation:**

- |                   |      |
|-------------------|------|
| ● Participation   | 50 % |
| ● Fitness Testing | 50 % |

**Attendance Policy:**

*Regular and prompt class attendance is an essential part of the educational experience. George Washington High School expects students to exercise good judgement regarding attendance and absences. Students will accept full responsibility for ensuring their work does not suffer because of absences. All students are expected to attend every scheduled class on time. Exceptions may be made for illness and valid emergencies.*

**Course Requirements:**

- This is an ACTIVITY CLASS. Dressing out is a REQUIREMENT to pass this class. In order to be considered dressed out, students must change clothes.
- All individuals who participate in VHSL sanctioned events, such as but not limited to: sports teams, ROTC, cheerleading and academic teams MUST dress out on game/event days!
- If a student is ill or sick: A Doctor's note is required to be excused from participation.  
Doctor's excuses will be accepted and written work will be assigned when participation is excused.  
If a student is sick, a **Parent's note will be accepted, however, you MUST DRESS OUT.**
- Students are given 5 minutes at the beginning of class and 5 minutes at the end of class to change clothes. Students should take care of all bathroom and water needs before leaving the locker room.
- **NO ONE IS ALLOWED BACK INTO THE LOCKER ROOM AFTER DOORS HAVE BEEN LOCKED.**
- All students will be assigned a squad. Students must be in their assigned spot 5 minutes after the bell rings in order to be counted as present and on time. Students are to remain in their squad until attendance and daily exercises are completed. Failure to do so is considered skipping.
- **Please refrain from eating and drinking in the gym. Failure to comply may result in a referral.**
- Use of cell phones and electronic devices is **not permitted** in the gym at any time, this includes headphones. Students will have the opportunity to put their devices in the coaches office to be locked up for the class period.
- **STUDENTS ARE RESPONSIBLE FOR KNOWING AND FOLLOWING THESE RULES AND GUIDELINES.**

**Class Supplies:**

- Acceptable Gym Clothes:
  - T-Shirt/Sweatshirt
  - Gym shorts/Sweatpants (no biker shorts, cheerleading shorts or spandex)
  - Socks & Tennis Shoes