

# Information for High School PE, Teen Leadership, & Health

## Classroom Policies and Procedures

Parents, please check the parent portal, Google Classroom, and the Remind App. Grades & information are updated regularly for your student to be successful and for parents to stay informed.

### 1. Grading Policy

Test	50%
Daily	50%

2. **Health Folders:** You will be required to keep an organized folder for health class. You will need a section (use dividers) for notes and daily work. This folder will be worth a test grade at the end of the six weeks. Use it to your advantage to bring your grade up.
3. **Speeches:** Are major test grades in Teen Leadership class. Students are allowed to use small index cards with their speeches written on them for presentations.
4. **Tests in Teen Leadership & PE:** MOST exams in Teen Leadership & PE are open notes exams, including finals. It is very important that students are organized and copy all notes as seen in the classroom or are found on Google Classroom. Notes for exams must be in the student's handwriting and not a run-off copy of my completed notes.
5. **Notification of Exams & Major Projects:** Students & parents usually receive a week's notice that an exam or major project like a speech are coming up. Health exams have Quizlet study guides whose links are released on Google Classroom for students to use to study. Many of the health exams also have bonus points😊

## **TOPICS COVERED IN HEALTH (BUT NOT LIMITED TO)**

Skeletal System	Cardiovascular System	Respiratory System
Digestion System	Urinary System	Communicable Diseases
Noncommunicable Diseases	Tobacco, Drugs, Alcohol	STDs

## **TOPICS COVERED IN PE (BUT NOT LIMITED TO)**

Physical activity & personal fitness	Safety and injury prevention	Designing personal fitness program
Nutrition	Body Composition	Cardiorespiratory Endurance
Resistance Training	Flexibility	Fitness throughout life

## **TOPICS COVERED IN TEEN LEADERSHIP (BUT NOT LIMITED TO)**

Healthy Relationships	Self-Concept	Self-Confidence
First Impressions	Reframing	Internal/External Qualities of a Leader
Emotional Intelligence	Image	Public vs. Private Self
Values, Morals, Standards	Taking Responsibility for Choices	Peer Pressure
Public Speaking	Serving Others	Developing a Vision

## **Class Rules**

1. Be in your seat when the bell rings and have all supplies needed.
  - a. 1<sup>st</sup> tardy- teacher warning
  - b. 2<sup>nd</sup> tardy- teacher detention
  - c. 3<sup>rd</sup> tardy- referral to Principal
2. Be responsible for your behavior and work.

3. All school rules will be observed.
4. There is a hall pass for emergencies only.
5. Always turn in homework on time. MOST assignments are due on Fridays in my class and expectations are clearly written on the board and in Google Classroom when assignments are coming due. Messages are also sent out over the Remind App reminding students and parents of deadlines and assignments approaching.
  - a. 1 day late- 20 points off
  - b. You will have until the last Wednesday, unless noted, to turn in all late work. The highest grade that you will be allowed to make is a 60.
  - c. **Parents, please check the parent portal, grades and information is updated regularly.**
6. Absences- You will be responsible for getting homework assignments given during your absence as well as for getting notes taken during that time.

**ALL WORKSHEETS, NOTES, REVIEW FOR EXAMS IS FOUND ON GOOGLE CLASSROOM.**

**EXTRA COPIES OF WORKSHEETS, NOTES, DIAGRAMS, ETC. ARE FOUND IN A BASKET IN MY CLASSROOM.**

- a. If you are ill or have an excused absence, you will have one full day to make up your work. Of course, exceptions can be made for extended absences.
  - b. ***If you are absent for a school function, please get your assignment ahead of time. Homework is due when you return.***
  - c. If you are absent the day of a test or speech, plan on making this up on the day you return.
7. Cheating is inexcusable and will not be tolerated. If caught cheating, a zero will be given and you will be reported to the principal.
8. There are 3 ways to receive information in my classroom: the classroom boards, Google Classroom, and messages sent on the Remind App.

