



Lifetime Wellness and Physical Education 2026-2027

Syllabus

Teacher Information: Coach Stacey: cstacey@gcboe.us

Course Information: Lifetime Wellness and Physical Education is designed to help students develop the knowledge, skills, and habits needed to live healthy, active lives. Students will participate in physical activity, learn about health and wellness concepts, and develop lifelong fitness, teamwork, sportsmanship, and personal responsibility.

Assignments and Assessments :

- Team and individual sports
- Lifetime fitness activities
- Health and wellness concepts
- Nutrition and healthy living
- Personal responsibility and goal setting
- Sportsmanship, teamwork, and cooperation
- Safety, rules, and proper use of equipment

Course Materials

- School Issued Laptop
- Notepad and writing utensil for notes(Lifetime Wellness)
- Appropriate Gym attire
- GCHS will make instructional materials available for review within 10 days of a written parental request.

Grading Policies:

- Lifetime Wellness coursework will be completed and graded through Pearson and Google Classroom.
- Physical Education grades will be based on:
 - Participation and effort
 - Sportsmanship
 - Attitude and behavior
 - Classroom notes
- All grading categories for PE will be weighted the same, with the exception of the final exam, which will have a separate weight.

Behavior Expectations/Classroom Policies

- Students are expected to follow all rules and expectations in the **student handbook** at all times. In addition, students must:
- Be respectful to all students, staff, and the learning environment
- Treat gym equipment and classroom materials with care
- Follow directions the first time they are given
- Demonstrate positive behavior and sportsmanship
- Help maintain a safe and productive class environment

Participation and Attendance Expectations

- Students must be **on time** and **present** to participate fully in class.
- Participation is required in all activities unless the student has a valid excuse or medical note.
- Students are expected to engage in class activities to the best of their ability.

Technology and Cell Phone Policy

- No cell phones** are allowed during class unless specifically permitted by the teacher.
- No headphones** are allowed during class.
- Technology should only be used for instructional purposes when directed by the teacher.

Make-Up Work Policy

- Students are expected to complete and submit assignments on time.
- Late work may be accepted at the teacher's discretion.
- Students should communicate with the teacher as soon as possible if they are having difficulty completing work on time.

Retake Policy

- Retakes or reassessments, if permitted, will be determined by the teacher based on the assignment or assessment.
- Students may be required to complete corrections, practice, or additional review before a retake is allowed.

Absences

If a student is absent, it is the student's responsibility to:

- Check for missed work
- Ask the teacher about any assignments or activities missed
- Complete all make-up work in a timely manner

Time Allowed for Make-Up Work

- Students will be given a reasonable amount of time to complete make-up assignments after returning to class.
- Late or make-up work deadlines may vary depending on the assignment and length of absence.

Student Responsibilities

- Students are responsible for:
- Participating actively in class
- Arriving on time and prepared
- Completing assignments and meeting deadlines
- Following all school and classroom rules
- Maintaining academic integrity
- Showing respect to classmates, staff, equipment, and the learning environment
- Taking responsibility for missed work and grades

Student Signature:_____**Date:**_____**Parent/Guardian Signature:** _____**Date:**_____