



PE/Health Syllabus: COVID-19 EDITION

Course Name: Physical Education/Physical Conditioning and Health

Year: 2020-2021

Teacher: Devin Houston / Emily Spurrier

Email address: Devin_Houston@catawbасchools.net ; Emily_Spurrier@catawbасchools.net

School Phone: 828-241-1494

Health Class

Topics: Mental and Emotional Health; Personal and Consumer Health; Interpersonal Communication and Relationships; Nutrition and Physical Activity; Alcohol, Tobacco, and Other Drugs.

Objective: To develop a health literate person by providing students with information and opportunities to learn how to lead more healthy lifestyles.

Daily Needs: Writing utensil, paper, chromebook, and a pocket folder for handouts.

Grading: Classwork, Tests/Quizzes, and Participation.

If a student is **absent**, it is his/her responsibility to find out what they missed and make up any assignments. If makeup work is not received, the grade for the assignment will be a 0.

Classroom Rules

- No gum, food, or drinks are allowed in the Health room.
- Be on time for class!

Physical Conditioning/Physical Education

- Students are encouraged to wear proper gym attire. Proper gym attire includes: athletic shorts, sweatpants, t-shirts, and tennis shoes. This does not include jeans, cargo pants/shorts, flip flops, sandals, boots, etc. Volleyball shorts (spandex) are not allowed to be worn during gym class.
 - Locker rooms are currently closed and students will not be required to dress out. Students are encouraged to bring a change of shoes (and socks) as we may be outside for class.
 - Students are required to wear tennis shoes in the gym. Failure to bring proper shoes will result in a loss of 5 points daily, and students may not be allowed to participate that day.
- Participation is required for success in this class. Students failing to give 100% daily will not earn the full amount of points for their daily grade.
- Students will need a doctor's note after 2 consecutive days of non-participation.
- Students will be notified ahead of time when they are going to be in health class.
- Students are encouraged to bring a water bottle (preferably with a screw on lid) labeled with their name.
- Students will be required to wear a mask in the gym unless the activity is deemed strenuous. When we are outside masks are not required.

I have read and understand the above information. My child is responsible for fulfilling the necessary requirements for a successful Health and Physical Conditioning program.

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____

Mill Creek Middle School
Health and Physical Conditioning Department

Student Name: _____

Please check and complete the following information:

_____ My child has no known medical limitations and we expect him/her to participate in all activities.

_____ My child has the following problems or limitations: (please list below)
