**Health and Physical Education 9-10 – Sheridan HS**

**Instructor: Ed Burke**

**Course Description/Syllabus:**

Health and Physical Education 9-10 is a semester long course. 10th graders– first semester, 9th graders– second semester.

The class will consist of participating in a variety of activities. Technique, rules, and sportsmanship will be emphasized.

Activities will be chosen that offer a variety of movement types. Some like volleyball will work to improve eye-hand coordination, while others like soccer will work to improve eye-foot coordination. Others, like lacrosse, pickle ball and floor hockey all utilize an implement. Activities such as dodge-ball and speed ball will integrate a number of skills from running, jumping, catching, throwing, dodging while also rewarding team work.

The health portion of the class will be covered one to two days a week and will include a variety of health related topics including: 10th grade – Tobacco, Alcohol, and Drugs, 9th grade - Nutrition, Fitness, and Stress.

**Classroom Description:**

Students will be expected to dress out everyday with appropriate footwear. Students will also be expected to participate to the best of their ability in that days activity with a good attitude. Showing respect towards classmates, teacher, PE equipment and school facility being used will also be stressed.

**Grading:**

Grading in physical education is much more subjective then in regular classroom subjects like math, English or Science. Because so much of grading physical education comes down to effort and attitude, (two items solely within the students control) the following daily grading scale will be used.

Students will have the opportunity to score up to 10 pts. a day. Failure to show very good effort and very good attitude 1 time will result in score of 5. Failure in effort and attitude twice or more will result in a score of 1. If students should not dress out, not participate at all, they will receive a 0 for the day.

**Portfolio:**

Students will do one portfolio/performance task project during the semester they have class. This will be to complete the Presidents Fitness Test and reflect on it.