

# Physical Education/Health Syllabus

## Jerry Whitman

### Objective for the 2021-2022 School Year:

- Students will learn to become lifelong movers through healthy lifestyles, motor skills and movement knowledge, and social and personal skills.
- Students will understand the importance of nutrition, mental health, and positive self-image
- Activities will include: Flag Football, Speedball, Team Handball, Dodgeball games, badminton, Pickleball, Volleyball and 4 square

**Our focus in PE is on developing the whole child. From our lifetime activities to how we treat each other. We want PE to be a time of not only learning, but a time of exploring ourselves and our abilities.**

### Procedures:

- All students are expected to participate to the best of their ability in all activities
- Students should dress appropriately on PE days. (Tennis shoes and loose clothing)
- Cell Phones, Ipods and other electronics should be left in the students backpacks and not brought into the gym. We will issue a warning and then these will be taken and sent to the office.
- Good Sportsmanship, safety, and honesty are expected from all students
- If a student has a problem that we need to know about, we should be told BEFORE class. If a student is sick or unable to participate, a note is required.
- Students need to wear appropriate shoes for PE
- Grades will be put into Powerschool weekly
- ALL grades will count equal
- Students will be put into matrix if they do not follow rules and procedures.
- **If something happens in PE class that we do not see, please let US know. Do not wait and tell your next period teacher about it.**

### Health Education

- The Health curriculum will be incorporated into Physical Education classes this school year. Assignments and activities will be graded and added into the physical education grading system. Topics include: Substance abuse, mental health, physical fitness and Body Systems

Planbook Link for lesson plans: [📄](#)

Contact me if necessary by email

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