**Richmond Hill K-8**

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**Physical Education/Health Syllabus Grades 5-7**

     **The goal of the Physical Education Department is to provide a safe and enjoyable learning environment for all students.**

**Physical Education Rules**

1. Students will follow arrival and dismissal procedure.

 2. Respect fellow peers and gym equipment

 3. Absolutely **NO FOOD, CANDY, CHIPS, ETC ALLOWED IN THE GYM**. ONLY DRINKS THAT CAN BE BROUGHT INTO THE GYM IS WATER AND SPORTS DRINKS THAT HAVE A SCREW ON CAP OR IN A CONTAINER. **NO SODA OR JUICE IS ALLOWED IN THE GYM**

 4. **NO CELLPHONES or any type of ELECTRONS ARE ALLOWED IN THE GYM. Those items must be stored and keep in the locker that the student is assigned for that period. I am not Responsible for any valuables that gets stolen.**

 **5. DO NOT LEAVE THE GYM OR CLASSROOM WITHOUT PERMISSION**

**Dressing out is a REQUIREMENT because of the physical activity that the students will be involved in each day. The proper attire includes the following:**

                                           1. Tennis shoes must be worn and tied.

                                           2. Shorts must be worn at the waist (boys).

                                           3. Shorts must come to finger tips (girls).

                                           4. Shirts must have sleeves.

                                           5. Shirts must be appropriate for school.

**If students do not bring extra clothes, then students must have on the correct shoes in order to participate in class for that day. If they do not have the right shoes, then 10 points will be deducted from the daily grade and students will have written work to do in order to receive a grade for that day.**

**Expectations**

Follow all school rules and policies

* Be Respectful
* Be Responsible
* Be a Leader

 **Lockers:**

 Each student will be assigned a locker for pe class. Each student is **REQUIRED** to have a lock on their locker (combination lock preferred) and must lock up items each time they enter the classroom

   **CTB:**

CTB or Choosing the Best Is a course that has to be taught. This course is for 6-8th and it deals with sex education**. If you do not** want to have your child participate in this, please send with your child a written document stating that you do not want your child to participate. Also there is a letter in the code of conduct that has to be filled out that pertains to this as well.

**HealthMPowers**

HealthMPowers is something new that is being added to the curriculum this year. It serves as an additional resource to help the students learn how to not only eat healthy, but promote physical activity at the home as well. Assignments will be given and graded from here as well.

**Grading Procedures**:

 Summative 40%

 Formative 50%

 Homework 10%

**After Reading with Parent/ Guardian, please sign and return this part back to class. THIS IS YOUR FIRST GRADE FOR THE CLASS**

 **Student Signature: Date:**

 **Parent Signature: Date:**