



Trimester Course Syllabus 2015-2016

Name of Course: PHW(PE)

Trimester: 1 2 3

Teacher Name: Mr. Clifford

Grand Ledge High School: (517) 925-5815

Teacher's Direct Phone Number- (517) 925-5868

Contact Times: 5th hour (1:33pm – 2:45pm)

Email: cliffordb@glcomets.net

Purpose/Course Description:

Welcome to PHW! PHW covers a comprehensive health curriculum emphasizing life-long physical, emotional, mental, and social health skills.

Topics, Key Concepts, and Units of Study:

- PE Concepts
 1. How To Make Healthy Choices
 - Decision making skills
 - Components of health
 2. Being Fit
 - Cardiovascular fitness
 - Diet and exercise
 - Building a healthy exercise program
 3. Life Long Sports
 - Walking
 - Badminton
 - Archery
 - Swimming
 - Volleyball
 - Circuit training – weight training
 - Tennis
 - Golf
 - Aerobic exercise
 - Evaluate individual exercise plan
 4. First Aid / CPR



Textbooks Used and Other Sources:

Current handouts on subject related topics, news articles, videos and DVD's.

Materials Needed (Supplies Suggested):

- Notebook or folder: We do not use a textbook on a regular basis in this class. You will be building your "textbook" with the notes and handouts in class. You will need a notebook or folder to keep your information and graded papers in. You need to bring your notebook to class every day.
- Pen or pencil, and paper.

Activity Clothes. You will need appropriate clothes for outdoor activities and for specific gym activities. These include: T-shirt, shorts, sweatpants, sweatshirts, tennis shoes, no cut-offs or sandals (flip flops). We walk outside and it is sometimes very cold...Flip flops, sandals and dress shoes are not acceptable footwear.

Locks: I strongly encourage you to bring a lock to use on the gym locker for the hour you have class. You may not keep the lock on the locker other than the hour you have my class.

Methods of Instruction:

Direct instruction, class discussion, videos, group work, and computer-assisted research.

Evaluation/Grade Calculations:

- Each assignment or activity will be assigned a predetermined number of points. You will be told the total number of points possible prior to beginning the assignment. Your grade is based on points earned divided by points possible.
- Appropriate dress is required. Part of your daily participation points includes dressing for class and participating for the **entire** class period.
- If unable to participate because of an injury, you will need to provide a written note from a doctor. You will be assigned alternate assignments so that credit may be earned.

Types of Evaluation and Assessment:

Tests, quizzes, projects, participation in class activities and a final exam.



Grading Scale:

93-100	A
90-92	A-
87-89	B+
83-86	B
80-82	B-
77-79	C+

73-76	C
70-72	C-
67-69	D+
63-66	D
60-62	D-
0-59	F

Assignment Expectations:

All assignments are expected to be handed in on time and fully completed.

Late Assignments:

If an assignment is turned in after the due date, you may receive partial credit based on instructor discretion. Excused absences allow you to turn in the work the day you return after it is due.

Classroom Procedures

Student Responsibilities expectations:

I expect you to:

- Respect yourself.
- Respect others, their right to learn and their beliefs and feelings.
- Respect our rooms
- Follow directions, as well as the safety rules in the gym.
- Come prepared to work and learn.
- Be on time.
- Remain in the area of instruction at all times until dismissed.
- Participate in a positive manner with all students.
- Work quietly in the classroom, please do not talk
- No cell phones or head phones are permitted during class

**Consequences:**

I believe that we can work together to manage any issue that arises in the classroom. My first consequence is a conference between myself and the student(s) involved. The following steps may also be followed:

1. Student/teacher conference.
2. Telephone call or email to parents.
3. Removal from the classroom for the hour or longer with the involvement of a principal.

Class Rules:

1. Students will respect all people and property.
2. Students will follow all rules in the student handbook as well as any teacher instructed rules.
3. Students will be on time and remain in the classroom of instruction until dismissed.
4. Students will dress appropriately (as instructed) for class.
5. Students will participate in a safe and appropriate manner.
6. Students will make any necessary bathroom visits before or after class, not during. The locker-rooms will be kept locked during the class period in an effort to reduce theft.
7. Use of appropriate language at all times.

BASE-Behavior, Attitude, Safety, Effort

Passes: Hall passes will be permitted at my discretion. Only one person may be out of the room at a time. Abuse of the pass privilege will result in no passes for that student.

Cheating: The act of obtaining answers or completing assignments in a fraudulent or deceitful manner. Staff and administrators will determine disciplinary action. Possible zero grade for assignment and possible in-school suspension. (One hour – three days)

Attendance/Tardy: The High School attendance/tardy policy is available online through www.glcomets.net

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The High School attendance/tardy policy is available on-line in the student handbook at:

<http://www.glcomets.net>



Additional Operational Information:

Please use the internet viewer to check grades.

No portable audio/visual devices of any kind are allowed (cell phones, I pods, cameras, etc.)

No FOOD or DRINK allowed (Water Only)

No profanity

No I-pods/Electronics/phones

No Gum/Candy

Cell Phone Policy:

Phones are not permitted.

Please turn your phone off and put it away in your bag upon entering the classroom. Please do not use your cell phone or have it out during class at any time. If you need to make a call to your parents, please see Mr. Clifford.

E-mail is the best way to reach me, please feel free to email me for any concerns you may have.

**Comet PRIDE
Keys To Success**

- **BE POSITIVE**
 - Bring a positive attitude to school.
 - Be respectful and friendly to fellow Comets and guests.
 - Keep language and behavior G-Rated.
- **BE RESPONSIBLE**
 - Attend school daily.
 - Attending school daily has been shown to improve test scores, raise grades, improve enjoyment level of school and help with on-time graduation.
 - Attendance is a **JOB SKILL** that employers require.
- **HAVE INTEGRITY**
 - Dress for academic success.
 - Keep your apparel and accessories G-Rated.
 - Grand Ledge High School is a professional environment.
- **BE DETERMINED**
 - Ask teachers and other staff members for help and support.
 - Utilize resources, including help rooms and Student Services.
- **BE ENGAGED**
 - Limit phones and devices to appropriate times and locations.
 - Check with your teachers regarding use of electronics in their classroom.

COMET

P ositive
R esponsible
I ntegrity
D etermined
E ngaged



Dear PHW Parent or Guardian,

I am delighted that your child is in my class this year. I am looking forward to a successful trimester of PHW.

I would appreciate your taking a few minutes to read through this syllabus. I have reviewed it with your child in class. It is important to me that you are informed of class content and expectations. Please indicate you received and read the information by signing the form below.

If you have any questions, concerns or comments please feel free to contact me. Your most immediate response will come if you email me. Often I am not able to get to my voice mail until the end of the day. Also, I would appreciate it if you would let me know of any physical issues that may cause concerns during class or any concerns you may have for your child in PHW in general.

I would like to remind you of the Parent Internet Viewer that can be accessed from the GLHS Home page. You will be able to check your child's grades and attendance for every class.

I am looking forward to working together with you in helping your student make positive, healthy, life-enhancing choices.

Brian Clifford

PLEASE RETURN ENTIRE PAGE AFTER IT IS SIGNED

Please rate your Son/Daughters swimming ability:

1=Can't swim 2=Beginner 3=Intermediate 4=Advanced

Student Name_(Printed)_____

Student Signature_____HOUR_____

Please circle the number that best represents your swimming level 1 2 3 4

Parent Signature_____Date_____

Please circle the number that best represents your child's swimming level

1 2 3 4

Student's are still expected to participate in the swimming unit regardless of their swimming ability. All students must get their hair wet while in the pool.