Girl’s Physical Education I/ Health

Course Syllabus
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Philosophy
Physical education is an important course in the education of the total person. It plays a vital role in developing physical, emotional and social aspects of your personality. As Christians we believe that our bodies are the temple of the Holy Spirit and therefore should be maintained in an optimum condition. Physical education is also important in teaching the Biblical principles of honesty, fair play, concern for others, and self control.

Success as a P.E. student is mainly determined by the student's effort. Students will find that this P.E. experience will build their physical abilities, knowledge of the sports and increase their self-confidence. Students will learn the importance of keeping fit and will hopefully enjoy doing so for life.

Goals and Objectives
1. The student will develop physically in such areas as strength, flexibility, agility, and cardiovascular fitness.
2. The student will develop their knowledge of basic rules, skills, strategies and history of a variety of team and recreational sports.
3. The student will develop their knowledge of basic health principles for daily living

Course Requirements and Grading
Grading is based on:

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<tr>
<th>Physical Education</th>
<th>Health</th>
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<tr>
<td>Participation</td>
<td>Tests</td>
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<tr>
<td>30 %</td>
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<tr>
<td>Dress</td>
<td>Quizzes/Projects</td>
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<td>25 %</td>
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<td>Pres fitness</td>
<td>Homework</td>
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Course Outline

First Semester

Physical Fitness Testing
Volleyball
Team Handball
Soccer
Lacrosse
Badminton
Basketball
Tennis
Golf
Hockey

Second Semester

Physical Health
Social Health
Spiritual Health
Mental Health
Class Policies

Dress- The official P.E. uniform is purchased from the school. Sweatpants or wind pants may be worn in the cooler weather. Each student will wear athletic socks and tennis shoes also. It is Berean’s policy that court shoes (with soles that do not leave black marks on the floor) are to be worn inside the gym. All students are expected to wear the official Berean P.E. uniform or points will be deducted. Students are expected to dress out every day, except when the teacher indicates otherwise. As in any class, if a student refuses to do what the teacher expects her to do, it will be treated as a discipline problem. It is understood that a student may occasionally forget her uniform after taking it home to be washed. However, if a student fails to dress out, the student will be assigned to write a paper on a subject of my choice due by the end of the period. Parents will be notified if the problem continues.

Excuses- If you are in school you will be expected to participate in P.E. class. If a student cannot participate due to illness or injury, a parent may send an email or call and leave a voice message to excuse her for that day only. Any further days may be excused by a physician’s notice. I will not accept any excuse notes from parents. Should the illness/injury continue for a long duration of time, the student may be referred to a different class at the request of the teacher and the academic advisor.

Tardies- Class begins five minutes after the tardy bell rings. If you are not in the locker room when the bell rings, you will be marked as tardy. If this problem becomes chronic, your parents will be notified.

Locker Room- Lockers and locks will be issued by the teacher, only for P.E. clothes (not food or books). Proper conduct is expected in the locker and shower area to insure student safety. Personal property of each student is to be respected and left alone. It is advised that students leave valuables locked in their book locker or P.E. locker during that class period only. Some students place valuables in their unlocked locker only to find them missing at the end of the class period. YOU NEED TO MEMORIZE YOUR LOCKER COMBINATION!