

Physical Education and Health
Grades 6, 7, 8

COURSE SYLLABUS

South Charlotte physical education is a program that shapes positive attitudes towards fitness, achievement, teamwork, and student responsibility. Maximum participation is necessary, expected, and revered as a foundation for fitness goals and the acquisition of knowledge and skills. Students are expected to demonstrate responsibility, respect for other people, respect for assignment deadlines, the ability to provide and receive feedback and consequence-driven decision making skills.

COURSE CONTENT

The learner will demonstrate a competent level of physical activity, sport, and fitness literacy.

Badminton	Juggling
Fitness Circuit Training	Football
Line Dancing	Bocce
Rope Jumping	Soccer
Ultimate Frisbee	Team Handball
Track and Field	Speedball
Volleyball	Frisbee Golf
Bowling	CPR/First Aid
Omnikin	Cooperative Activities
Rugby	Reproduction and STDs

Each student will need:

White short sleeve crew neck t-shirt, athletic shorts (specifications are given by teachers Day 1 and are on the website- please ask your child), running shoes, small clear water bottle, pencil, spiral notebook (50-60) pages and a combination lock. Sweatshirts will be worn at the teacher's discretion.

If your child is unable to participate in physical education, a note from a doctor explaining your child's situation including the doctor's recommendation for appropriate activity is required. If a teacher receives a note from a parent, teachers will modify class activity so the student can participate without further injury and the student will be asked to participate and do the best they can. Students must always bring PE clothes.

My child and I have read the syllabus and understand the expectations for this class.

Student Signature: _____

Parent Signature: _____

GRADING

Please read the back for details on how to "Make The Grade".

We are looking forward to an exciting and challenging semester with your child. Please feel free to contact us or come in to visit our program at any time; just be sure to check in at the main office.

Physical Education...Your Best Health Insurance!!!