

**7th Grade Health/Physical Education**

Health & Physical Education

Furlow Charter School

Coach Brandon Mitchell Sr.

Email: bmitchell@furlowcharter.org

Course Syllabus

(Subject to Change)

**Course Description:**

Physical Education (Personal Fitness) and Health Education are essential courses for developing the whole child. The Health Education course will give students the skills needed to live healthy lives and information needed to make judicious decisions. Furthermore, students will have the opportunity to take the ADAP course in Health Education. Finally, the Physical Education course will introduce students to a variety of sports and skills needed to play those sports. Additionally, we will be testing the Fitnessgram and teaching student’s fitness tracking skills. Physical Education will teach the student how to improve physical, mental, and social skills.

Mastery of standards through skills tests, written tests, and game play will provide students with a great foundation for personal responsibility for their health and future lifestyle. Developing psychomotor, cognitive, and affective skills are an integral part of this class. The main objective is to encourage students to live and love fitness sports.

**Course Standards:**

**HE7.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**HE7.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**HE7.3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**HE7.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**HE7.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**HE7.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**HE7.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**HE7.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

**LINK TO HEALTH EDUCATION STANDARDS**

<https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/7_Health_Education.pdf>

**PE7.1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

**PE7.2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**PE7.3:** Participates regularly in physical activity.

**PE7.4:** Achieves and maintains a health-enhancing level of physical fitness.

**PE7.5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**PE7.6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**LINK TO PHYSICAL EDUCATION STANDARDS**

<https://www.georgiastandards.org/Standards/Georgia%20Performance%20Standards/7_Physical_Education.pdf>

**Grading Scale**

*For the 2020-2021 school year, the Middle School/High School Physical Education and Health Education Department will implement the following grading policy.*

Tests = **40%**

Performance/Assignments = **40%**

Final Exam = **20%**

Students will have the opportunity to receive a “100” for a performance grade on a test. The penalty for not participating or cheating will result in “0” for their daily grade.

**Required Class Materials**

\*Appropriate Workout Clothes and Shoes if Choosing to Dress Out (Optional)

\*Paper/Notebook/Pen/Pencil/Water Bottle

\* Flash Drive and Active Email Account

*\*Any other materials needed throughout the school year; will be notified in advance*

**Grades 9-12 Late Work Guidelines**

All assignments, including In-class, homework and large projects will be due on the assigned date **during** the class period for which it is assigned.

Full credit will be given for work submitted by the assigned date. Scholars may earn partial credit for assignments submitted past the assigned date/class period based on the following:

* Up to 3 days after the due date/class period - 10% deduction for **each** day past the assigned date
* Work missing beyond 3 days/class periods will not be accepted and will be marked as receiving a zero (0)
  + Example: Due on Monday and turned in on Thursday = no higher than 70%, 10% off Tuesday, 10% off Wednesday, 10% off Thursday
  + Another example: Due on Monday and tried to turn in on Friday = zero - not accepted
* Missing Work Form must be completed and turned in with late work

**How Absences Affect Late Work**:

**Excused Absences**

Full credit will be given to scholars with excused absences for work submitted by updated due dates based on our handbook, page 15.

* Extension to due dates equal to number of days absent
* Upon returning to school, complete Missing Work Form to update due dates with advisor

**Unexcused Absences**

Full credit will be given to scholars with unexcused absences for work submitted by original due dates, or upon their return to school, when original due dates occurred during absences.

**Technology Policy**

**ELECTRONIC DEVICES**

Furlow prohibits the use of the following electronic devices on the school campus unless explicitly directed by advisors: cell phones, iPods, iPhones, iWatches, CD players, digital cameras, electronic games and toys, laser pointers, laptop computers, tablets, iPads or any other electronic devices(unless a child’s I.E.P. requires the use of such a device).

**CELL PHONE POLICY**

Cellphones in the classroom can be fabulous tools for advisors and scholars alike; however, they can also be a significant distraction from learning and a source of discipline issues. Cellphone use by scholars is prohibited at Furlow unless the scholars are directly instructed by their advisors to use their phones for educational purposes. We understand that many parents feel safer when their child has a cell phone in their possession. Older scholars who participate in after-school athletics or activities may need their cell phone to contact their parent when directed by the coach, advisor, or after-school personnel. This is the only exclusion to the Furlow Cell Phone Policy. In order to protect the integrity of the educational environment, scholars are specifically prohibited from using any cell phones during school hours. School hours are defined as beginning with the scholar’s arrival on campus and ending when the scholar has left for the day. Scholars shall turn off and secure their cell phones in their book bag or other area designated by their advisors (door hanger, box, cubbies, etc.) during the school day. Scholars should not “show” their phones to their peers or pull them out for any reason (i.e. checking the time). The school will not be held responsible for lost or damaged student cell phones. If it becomes necessary for a scholar to use the cell phones for any reason, the child must get permission from school personnel and use the phone in the presence of school personnel. Parents, PLEASE do not ask your child to call or text you from a cell phone during school and please do not text or call your child on his/her cell phone during the school day. Should you have an emergency, please call the front office. If a cell phone is seen or heard, it will be confiscated. The guidelines for cell phone or other electronic devices violations are as follows:1stoffense: Student must pay $6.00 at the end of the day(or the following day if itis taken up after 11:00am).2ndoffense: Student must pay $7.00 after phone is kept for a week.3rdoffense: Student must pay $10.00 after phone is kept for two weeks. After 3rdoffense: Discipline will be at the discretion of the administrators. If a student refuses to give a cell phone or electronic device to an advisor, advisor may write the student up on a discipline referral. Administrator may assign up to five days in ISS for non-compliance. Administrator will then take up the cell phone and it will be held for one month.

**Coach Mitchell’s Expectations**

Expectations Include:

* Always Be Respectful to Advisor
* Do Not Talk While Advisor Is Talking
* Do Not Use Profane or Inappropriate Language
* Always Be Respectful to Others
* Dress Appropriately (Shirt, Shorts, and Gym Floor Friendly Tennis Shoes)
* Follow Instructions from Advisor
* Do Not Touch, Adjust, Damage, or Destroy Unauthorized Materials (Speaker, Equipment, Computers, Book)
* Raise Your Hand If You Have A Question
* No Eating/Drinking in The Gym or Classroom Unless Authorized
* Do Not Disrupt Class
* Every Student Must Participate (Dr. Excuse Only Exception)
* Do Not Leave Trash or Mess in Gym or Classroom
* Use Restroom Before, After Class, or at Designated Time
* No Cellphones, Unless Authorize

**Consequences Include (Some Will Be More Severe):**

* 1st Offense = Verbal Warning
* 2nd Offense = Immediate Parent Contact; Detention
* 3rd Offense = Immediate Parent/Teacher Conference; Office Referral

**Guidelines for Success**

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| --- |
| SOAR |
| Safe Follows and obeys all instructions to ensure safety of self and others. |
| On time Shows up punctual and ready to learn every day. |
| Accountable Demonstrates reliability and takes ownership of responsibilities. |
| Respectful Exhibits mutual respect with all scholars, advisors, and administration. |

**PLAGIARISM ANDSCHOLARWORK**

Plagiarism is the act of claiming the work of others (ideas or words) as your own. It is academic dishonesty and, like other forms of cheating, hurts the scholar who engages in it. Also, it diminishes the efforts of scholars who did the hard work of learning and creating to then have their ideas and words stolen. Scholars must always cite their source material. When advisors are concerned that scholars have committed plagiarism, they may submit scholar work to an anti-plagiarism website such as Turnitin.com. At Furlow, scholars must write original papers, letters, articles, poetry, scripts, and any other assigned written communication. Any writing assignments from any class (not just ELA) must be at least 67% original and contain no more than 33% cited material. Any work turned in which contains paraphrased or quoted material must have the proper citations using MLA or APA guidelines. Failure to adhere to these guidelines may result in no academic credit and additional disciplinary action. The minimum penalty for plagiarism is a zero for the work. Advisors may request resubmission of the assignment with original work. Scholars who willfully disregard the plagiarism policy may be disciplined subject to the discipline schedule. Repeated offenses over the scholar’s academic career may result in further actions by the administration. All instances of plagiarism will be recorded in Infinite Campus. Cheating will not be tolerated at Furlow; scholars who cheat will be disciplined subject to the discipline schedule.

**REMIND CLASS CODE**

Please join Coach Mitchell’s 7th Grade Health/PE Class by texting 81010 the following code: @hed33b

**GOOGLE CLASSROOM CODE**

**7th Grade:** yedy27z

**Distance Learning Protocol**

Digital learning expectations/procedures:

1. All digital learners must complete the attendance question DAILY by 11:59 pm. It is the expectation that scholars will be working daily on assignments and participating in activities or discussions.

2. The late work and grading expectations are the same as a traditional learner.

3. There could be a 1-2 day lag in instruction between digital and traditional instruction.

4. Scholars are expected to communicate with the advisor regularly, as well as communicating clearly and respectfully.

5. Google Classroom will house all assignments and communications to scholars. Remind will be used to communicate with parents/guardians. There is a parent sign up form link on the first page of this syllabus.

6. Distance learners are expected to have access to reliable internet and devices in order to complete assignments on time.

7. Parent contact will happen immediately if a scholar is not logging in daily.

8. Distance scholars can pick up their school meals every Friday beginning August 21st. A form must be filled out weekly in order to have those meals ready, it will be posted in the Google Classroom.

9. Chrome books are available to be checked out to distance learners.

10. Scholars are encouraged to work proactively. I will be available Monday-Thursday from 2:45pm-3:25pm, and will have announced sessions on Friday afternoons. Please do not expect immediate replies to any issues if it is after the school day is over or it is the evening.

**Coach Mitchell’s 7th Grade Fall 2020 Health/Physical Education Block Plan**

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| **Week** | **Monday** | **Wednesday** |
| **1**  Health Education  Introduction Week | Introduction  Social Distancing Protocols | Health Education Pretest  Chapter 9  Resolving Conflicts and Preventing Violence |
| **2**  Physical Education  Introduction Week | Introduction  Social Distancing Protocols | Physical Education Pretest  Cooperative Team Building Games |
| **3**  Health Unit 1:  Chapters 3, 4, & 5 | Chapter 3  Achieving Mental and Emotional Health | Chapter 4  Managing Stress and Coping with Loss |
| **4**  PE Unit 1:  Pre Fitnessgram | Body Composition   1. BMI 2. Walk Test   Muscular Strength   1. Curl Ups 2. Push Ups | Aerobic Capacity   1. Pacer Test 2. Trunk Lift   Flexibility   1. Back-Saver Sit and Reach 2. Shoulder Stretch |
| **5**  Health Unit 1:  Chapters 3, 4, & 5 | Chapter 5  Mental and Emotional Problems | Health Unit 1 Test  Chapters 3, 4, & 5 |
| **6**  PE Unit 2:  Basketball | Dribbling/Shooting Skills | Basketball Rules Test  Basketball Game |
| **7**  Health Unit 2:  Chapters 13, 14, & 15 | Chapter 13  Personal Health Care | Chapter 14  Skeletal, Muscular, and Nervous Systems |
| **8**  PE Unit 3: Team Handball | Dibbling/Shooting Skills | Team Handball Rules Test  Team Handball Game |
| **9**  Health Unit 2:  Chapters 13, 14, & 15 | Chapter 15  Cardiovascular, Respiratory, and Digestive Systems | Health Unit 2 Test  Chapters 13, 14, & 15 |
| **10**  PE Unit 4:  Flag Football | Passing/Route Running/Catching | Flag Football Rules Test  Flag Football Game |
| **11**  Health Unit 3:  Chapters 16, 17, & 18 | Chapter 16  Endocrine and Reproductive Health | Chapter 17  The Beginning of the Life Cycle |
| **12**  PE Unit 5:  Wiffle Ball | Hitting/Throwing/Catching Skills | Wiffle Ball Rules Test  Wiffle Ball Game |
| **13**  Health Unit 3:  Chapters 16, 17, & 18 | Chapter 18  The Life Cycle Continues | Health Unit 3 Test  Chapters 16, 17, & 18 |
| **14**  PE Unit 6:  Volleyball | Pass/Set/Spike | Volleyball Rules Test  Volleyball Game |
| **15**  Health Unit Reviews | Health Unit 1 Review  Chapters 3, 4, & 5 | Health Unit 2 Review  Chapters 13, 14, & 15 |
| **16**  PE Unit 7:  Post Fitnessgram | Body Composition   1. BMI 2. Walk Test   Muscular Strength   1. Curl Ups 2. Push Ups | Aerobic Capacity   1. Pacer Test 2. Trunk Lift   Flexibility   1. Back-Saver Sit and Reach 2. Shoulder Stretch |
| **17**  Health Education  Finals Week | Health Unit 3 Review  Chapters 16, 17, & 18 | Health Final Exam |
| **18**  Physical Education  Finals Week | Sports Review | Final Exam Rules Test  Last Day Celebration |

\*\*\*Syllabus Subject to Change\*\*\*

**Advisor Contact Information**

Please contact me if there are questions or concerns about your child.

Room: 255/Gym

Email: bmitchell@furlowcharter.org

Phone: (229) 931-8667

**Parent(s) and Student,**

By signing below, you acknowledge that you have read and reviewed the Physical Education & Health Course Syllabus. Students need to return only “this page” signed and dated to Coach Mitchell. Virtual learners need to email Coach Mitchell that they have read and agreed to the course syllabus/expectations. Let’s have a great year!

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_