

**Health and Physical Education Syllabus**

**Coach Henry**

The purpose of this class is to educate students on the fundamentals and importance of their physical, mental/emotional, and social health. The health portion of the course will allow students to learn the importance of making healthy decisions and taking care of their body. The PE portion of the course will allow students the opportunity to increase their physical fitness capabilities through participation in exercises, activities, individual and team sports, as well as the five fitness tests of the President’s Challenge Program.

an understanding

**Course Outline**

\* Follow directions and observe safety rules of the classroom, gym, and locker room

\* Respect yourself and your classmates

\* Keep your valuables LOCKED in your assigned locker

**Classroom Expectations**

We will pull some material from a traditional textbook. Students will have access to this book online and will be given directions where to access it. A limited number of hardback copies will be available to use in the classroom.

**Textbook**

\* Tennis shoes

\* T-shirt (no tank tops, spaghetti straps, etc.)

\* shorts, sweats, or jogging pants

- All clothing must comply with the school dress code

**PE Dress Code**

**Name:** Mrs. Megan Henry **Blog:** Students will be given google classroom codes

**Phone:** 742-2588 ext. 2523 **Email:** meganhenry@willardschools.net

**Conference Times:** 6th Hour: 12:10-12:57, M-F

**Contact information**

Each day students arrive they are expected to be prepared for class. This means having their any necessary clothes for PE days, as well as their laptop, paper, a writing utensil, and any required drill for health.

**Supplies**