

Mount Clemens High School Physical Education / Health Course Syllabus

Physical Education Curriculum:

Week 1:	Introductions, Lockers, Choice
Week 2:	Presidential Fitness Challenge
Week 3:	Flag Football
Week 4:	Track and Field
Week 5:	Softball
Week 6:	Badminton
Week 7:	Volleyball
Week 8:	Soccer
Week 9:	Dodge-ball (Soft-balls)
Week 10:	Basketball
Week 11:	Weights / Cardio
Week 12:	Trac Ball
Week 13:	Tennis
Week 14:	Kickball
Week 15:	La Cross
Week 16:	Baseball
Week 17:	Speedminton
Week 18:	Golf
Week 19:	Presidential Fitness Challenge
Week 20:	Final Preparation

All students are to participate on a regular basis. Participation includes dressing for class and participating in all daily activities. All students are required to participate in each weekly unit. Listed below is the grading scale for all students:

0-3	Zeros = A
4-6	Zeros = B
7-9	Zeros = C
10-12	Zeros = D
13 +	Zeros = F

All students receive a zero for the day if they do not dress or participate in the daily activity. Students may only be excused for the day, if they bring a note from home, stating why they can't participate. All notes must be signed and have a telephone number of the person who is excusing the child. Students may not make up any of the zeros that are given. All students have their own gym locker. Combinations will be given out at the beginning of each semester. All students are required to dress for gym and must wear gym shoes. Clothes must be taken home every Friday to wash!

Health Curriculum:

Week 1:	Introductions, Getting Acquainted, Personal Data
Week 2:	Making Healthy Choices
Week 3:	Personality and Self-Esteem
Week 4:	Managing Stress
Week 5:	Mental Disorders and Suicide
Week 6:	You and Your Family
Week 7:	Building Healthy Relationships
Week 8:	Preventing Violence
Week 9:	Reproduction and Heredity
Week 10:	Pregnancy and Birth
Week 11:	Childhood and Adolescence
Week 12:	Adult, Aging, and Death
Week 13:	Food and Nutrition
Week 14:	Making Healthy Food Choices
Week 15:	Movement and Coordination
Week 16:	Alcohol
Week 17:	Tobacco
Week 18:	Drug Abuse
Week 19:	AIDS and STD's
Week 20:	Final Preparation

All students are required to participate in class discussions, via small groups or individually. Active participation also involves completing all work given out in class. Students will be given daily assignments that must be fully completed, and turned in by the end of the class. Listed below is the grading scale for all students:

A =	90%	75% Participation Points (In-class Work)
B =	80%	25% Test Scores
C =	70%	
D =	60%	
F =	0 – 59%	