Contact Information:
Email: brint.russell@bcsemail.org
School Phone Number: 828-686-3852
Planning Periods: 2nd & 3rd
Locations: Gym, Fitness Lab, Health Room, Outside, Virtual
Learning Management System: Google Classroom
SMART Lunch: TBA

Course Description:
This course combines Health and Physical Education. This course is a graduation requirement. In Health, we will cover topics such as nutrition, family life education, mental/emotional health, tobacco, drugs and alcohol, fitness, stress management, self-esteem, and more. In Physical Education, we will complete fitness testing, team sports, individual sports, creative movements, weight training, and a variety of fitness activities.

**If we happen to go virtual/remote learning; students will participate in a variety of fitness based components that can safely be completed at home.**

*Physical Education days for this semester: Monday, Wednesday, and Friday

*Health Education days for this semester: Tuesday and Thursday

Course Evaluation:
To successfully complete this course, students must demonstrate competency of instructional objectives and proficiency in quizzes, projects, and exams. Student learning will be invited through the use of active group participation, small group discussions, presentations, independent research, whole class discussion, and teacher lecture.

The successful student will be expected to:
1. Attend class regularly and participate
2. Complete all work and projects on time
3. Invest in their work
4. Be punctual and prepared for class
5. Be respectful and courteous to all members of the class
6. Give 100% effort with both classwork and physical activities
Grading:
The grading philosophy of Owen High: The focus of grading at Owen High School is to give students accurate and meaningful feedback that supports and encourages student learning. Student grades are based on mastery of course content. Grades are based primarily on summative assessments (tests, performances, projects, etc.), with little weight on formative assessments (daily practice, homework, etc.). The purpose of daily practice and homework is to learn, receive feedback, and have the opportunity to clarify or correct errors in thinking or understanding. The state of North Carolina requires that final grades be reported as a number grade on a 10 point scale for all students.

A = 90 - 100  B = 80- 89  C = 70 - 79  D = 60 - 69  F = below 60

Grading-Course Specific:
1st 9 weeks – (37.5% Total) Physical Education (60%); demonstration, performance of skills, completion of fitness & exercise log, etc. Health Education (40%); notebook, assessments, group projects, online quizzes, ed puzzles, flipgrids, etc.

2nd 9 weeks – (37.5% Total) Physical Education (40%); demonstration, performance of skills, completion of fitness & exercise log, etc. Health Education (60%); notebook, assessments, group projects, online quizzes, ed puzzles, flipgrids, etc.

*Assignments are expected to be submitted on time. Assignments not turned in on time will result in a loss of points.*

Final Exam – 25% written and physical assessment

Behavioral Expectations:
Owen High School has adopted a Positive Behavioral Intervention & Support model. Our school promotes these characteristics for all students in all situations:
I - Integrity  A- Attitude  M- Maturity
Teachers recognize students for their positive behaviors and try to redirect students from negative behaviors both through modeling and establishing consequences and rewards.

Materials Needed:
School issued computer, internet access, pens or pencils, combination lock, athletic clothing and shoes, notebook, and shower supplies (if applicable).