

Health and Wellness

Coach Givens
PE Instructor

Coach Brown
PE Instructor

Coach Hauff
PE Instructor/weight
Training Instructor

Coach Bellush
Weight Training
Instructor

Phone: 843-695-4900

Name of Course:

PE1/Activity Movement

Credits:

One

Textbook:

None

Prerequisites:

None

Course Description:

The intent of this course is to help the student achieve and maintain a health-enhancing level of fitness. Students will be taught how to assess and develop a personal fitness program using real life goals. Fundamentals of these activities will be taught with respect to the students' entry levels.

Topics/Timelines:

Coach Givens, Coach Hauff and Coach Brown will have designated health days. TBA

Course Standards/Competencies:

Final Exam
Students will be required to participate in skills, and fitness tests in order to receive credit

Grading/Evaluation:

Students begin each quarter with 100 points
-20 points daily for non participation in "FIT Time".
-20 points for not dressing out/participating in daily activity
Team and Individual Rubrics
End of the unit test
Final Exam (included with Health)

Classroom Procedures:

See routines and procedures handout

Modes of Parental Communications:

Telephone call
Email
Attendance Letters
Parent Conferences

Classroom Resources/Materials:

Tennis shoes, work out clothes, notebook, Fitness Gram, handouts (unacceptable dress includes but not limited to, pajamas, flip-flops, sandals, boat shoes, boxer shorts, short shorts, tank tops, spaghetti strap shirts, and halter tops)