

Physical Education Department

Course: *Health Opportunities through Physical Education (H.O.P.E.)*

Teacher: Coach Denmon

Phone: 916-4100

Email: denmonj@santarosa.k12.fl.us

Course Content

H.O.P.E. is a yearlong course designed to teach students a variety of health related topics paired with physical fitness. Students will be in a classroom atmosphere three days a week and will dress out for physical activity the other two. A schedule will be posted accordingly.

The following UNITS will be covered:

1. A Healthy Foundation
2. Mental and Emotional Health
3. Healthy and Safe Relationships
4. Nutrition and Physical Activity
5. Personal Care and Body Systems
6. Growth and Development
7. Drugs
8. Diseases and Disorders
9. Safety and Environmental Health

Materials

Each student will need to have the following EACH DAY they are in the CLASSROOM:

- 3 ring binder (1/2 in. -1in. thickness) OR a pocketed folder with brads
- Loose leaf paper OR spiral paper that is 3 hold punched
- Pencil OR Pen
- Student planner

This notebook will be used for keeping and organizing class notes, in-class bookwork, out of class assignments and other health related assignments. At the end of each nine weeks notebooks will be collected and graded for neatness, organization and completion of all assignments.

Each student will need to have the following EACH DAY they DRESS OUT:

- Navy Blue shorts
- White OR Gray t-shirt
- Athletic shoes that cover the entire foot
- A sweatshirt and/or pants for inclement weather

Each student is to purchase a lock for his or her assigned gym locker. GBHS will provide the REQUIRED lock. The activity fee is \$5. The PE department has t-shirts and shorts for sale online. I will give you a separate sheet for ordering.

Grading

- 40% - Classwork
- 40% - Participation/Dress-out
- 20% - Tests/Mile Run

Rules

1. Be on time
2. No cell phone use during class
3. Always have the required materials
4. Always ask permission
5. No food or drink in the classroom
6. Be respectful to your peers, teachers, and self
7. Do your own work
8. Follow all rules in the Student Handbook and Code of Conduct

Please sign and date this form to indicate that you are aware of the class expectations and procedures. If you have further questions or comments please see Coach Denmon after class.

Student Name (Print): _____ Period: ____
 Student Signature: _____ Date: _____

Parent Name (Print): _____
 Parent Signature: _____ Date: _____