



# Health and Physical Education



Coral Gables Senior High School

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Ms. J. Fumero

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Course Webpage: [new.schoolnotes.com/Jfumero/](http://new.schoolnotes.com/Jfumero/)

## Class Objective:

The goal of this course is to encourage, develop, and enhance your lifelong, positive attitude toward leading a physically active lifestyle. All while trying to promote your overall physical wellness, not only through participation in a variety of fitness activities, but also by engaging your mental abilities and understanding of what is personal fitness and health. This course will be presented through various resources, including but not limited to, student text, lab activities, audiovisual and technology supported resources, as well as other materials.

## Rules/Expectations:

**\*ALL students MUST use a locker during their participation in a Physical Education course. This rule is not optional! ALL VALUABLES AND BELONGINGS SHOULD BE KEPT LOCKED AT ALL TIMES WITHIN EACH STUDENTS LOCKER. THIS IS TO ENSURE SAFETY AND DETER THEFT FROM OCCURRING WITHIN THE LOCKER-ROOM FACILITY. \***

- 1) **Respect and Maturity:** Students will demonstrate respect for other students and the teacher by using appropriate language, being prepared for class, following directions, adhering to all school policies, and by keeping an open mind when learning about different cultures, traditions, beliefs and life styles.
- 2) **Be Prepared:** Always come to class prepared. This means coming into class and being seated when the bell rings, bringing your class binder each day, completing homework on time, and reviewing your notes between 15-20 minutes each night. This is a writing, reading and discussion-intensive course so preparation is essential.
- 3) **Take Ownership of Your Education:** I do not GIVE grades. All grades in our class will be based on your individual effort. Set goals, evaluate your progress, adhere to high standards and revise your performance when needed. Also, ask questions when something is unclear, participate in classroom discussions, and ask for extra help if you need it. This is your education – get everything you can out of it! Your attitude plays an important role in your education. If you believe you can succeed – you can! Encourage your classmates to succeed too.

Consequences for breaking rules: (steps may be skipped per severity of offense)

1. Verbal warning
2. Parent Contact when possible
3. Detention
4. Referral

## Materials Needed:

- Writing utensils - black/blue pens, pencils, and a colored pen (green, purple, red)
- 3-ring binder OR DUO-TANG folder with loose leaf paper for every single class period
- dividers (vocabulary, notes, homework/class work, reflection journal, Fitness Plan Project)

- You will need to bring your supplies to class with you EVERY day.
- Each item you add to your binder should be labeled with your first and last name, subject, block or period of day, and date on the upper, right corner.
- There will be periodic binder checks throughout the semester. Make sure your binder is organized and always up-to-date.
- The school Physical Education uniform is also a requirement within this class. NO EXCEPTIONS
- **Uniform Shirt Cost = \$10.00 Uniform Short Cost= \$14.00**

### **Class Projects:**

You will have a class project each 9 weeks. This project will be worth 30% of the quarter grade. ALL projects WILL be checked for plagiarism. Any plagiarism found in any part of the project will result in an automatic “F” for entire project grade. There must be a bibliography and sources must be cited.

### **Homework/Class work Policies:**

Students should keep track of assignments in their planner.

- To receive credit on all assignments, students must turn in their work on the designated due date. Writing assignments, projects, homework, or class work will not be accepted late under any circumstances. ANY EXCEPTION SHOULD NEVER BE DISCUSSED PUBLICLY; it must remain between the student, the parent/guardian and me. If I find that this request has been breached, the student will receive a zero (0) for the assignment.
- Cheating will result in an automatic “0” for EVERYONE involved, parent conference, and in some cases a referral to an administrator. The “0” will not be changed and the assignment may NOT be made up.

### **Make-up Work Policy:**

When you have an excused absence, it is your responsibility to find out what you have missed the day you return, whether you have my class that day or not. I will not be after you to complete any missed work – that is YOUR responsibility. If you have questions, you can then ask me after class or before school the next day. Any missed quizzes or tests must be made up within 24 hours of your return or you will receive a zero (o) for the assignment.

### **Hall Pass Policy:**

OUTDOOR CLASS POLICY: You have ten minutes prior to class beginning to use the restroom facilities within the locker-room to dress-out and prepare for class. You will not be granted bathroom privileges after that initial ten-minute mark for additional bathroom access. Keep in mind that we will be conducting class outdoors and it is your responsibility to take care of any personal matters pertaining to restroom within these initial ten minutes.

INDOOR CLASS POLICY: During our time, together, you will be allowed two (2) bathroom passes per quarter. There will be no passes written to go to your locker, lunchroom, other classes, etc. Also, no passes will be written in the first or last ten (10) minutes of class. Students may not leave while I am speaking or if a classmate is making a presentation. Abuse of this policy in any way will result in disciplinary action.

### **Tardy Policy:**

As stated above in my expectations for you, you are to be inside the locker-room (or seated) by the time the tardy bell rings, if you are not in your assigned seat, you will be considered tardy. Once you have 3 tardies, you will receive one session of detention and attain an F.

### **Grading Breakdown:**

Course Name	Classwork /Homework	Assessments	Dress Out/Participation
Aerobics	25	35	40
Team Sports/Weight Training	25	35	40
Per. Fitness/Health/First Aid	25	35	40
DE: SLS 1510	25	50	25

### **Grading Scale:**

- A 100 – 90
- B 89 – 80
- C 79 – 70
- D 69 – 60
- F 59

# LockerRoom Policies

The following items are a list of guidelines that should be adhered to while in the locker-room facilities:

1. Every student **must** have their **own locker and combination lock** to keep their belongings **locked and secure.**
2. Lockers and lock combinations are **confidential.**
3. Lockers are **not to be shared and only one lock per locker.**
4. If you **are not dressing out, you should not be in the locker-room. Do not wait for friends to exit locker-room either.**
5. **Clean up** after yourselves while in the locker-room.
6. You are permitted to bring body splashes or cologne if they are contained in plastic bottles.  
**No mirrors or glass in the locker-room.**
7. **No play fighting or invading a peer's individual space.**
8. **Report any suspicious activity to one of the coaches immediately.**
9. Lockers are **only accessible during your scheduled P.E. or Dance class times.** You will not be allowed in the locker room at any other time of day.
10. You are to **remain within your designated area** until instructed otherwise by school faculty or staff. **I dismiss you not the bell!** Remain in locker-room until bell rings.
11. It is **your responsibility to maintain your belongings and possessions within a secure area.** Only you are solely responsible for your possessions. If you do not secure them, you do not care to lose these items as they will be at risk to be stolen.

**Once again LOCK your items/belongings in a LOCKER using a**

**COMBINATION LOCK ONLY.**

**Coral Gables Senior High School**

**is not responsible for lost or stolen items.**

