

Healthful Living

Currituck County High School

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Healthful Living

Objective:

The comprehensive healthful living education program is designed to help each student develop pro-active health promotion behaviors. Remember, 50% of your grade will come from health and 50% of your grade will come from physical education – you must do both to pass! **THIS COURSE IS A REQUIREMENT FOR GRADUATION AND A PREREQUISITE FOR ALL OTHER PHYSICAL EDUCATION COURSES.**

Health Requirements

1. Binder – a 3 ring binder that we will use EVERY DAY in class.
2. Other instructional items – markers, crayons, glue stick, pencil, pen... All work will be expected to be neat and colorful.
3. Groups – we will work in cooperative learning groups regularly, however each student will be required to have their own work in their own binder at the end of each week.
4. Home Journal – each week students will have a “home connection” a required discussion with parents/guardians/siblings. They will keep a journal of insights gained from these discussions to be turned in weekly.

Physical Education Requirements

1. Dress out – students are expected to wear PE uniform EVERY DAY.
2. Participation – students will participate in a wide variety of activities and will be expected to participate to the best of their ability EVERY DAY.

Gym Dress Code

1. Athletic/tennis shoes only
 2. PE uniform - \$20 school will provide.
- **failure to comply with the gymnasium dress code is considered insubordination and will result in demerits****

Locker Room Etiquette

1. Respect your facilities. Lockers, locks, toilets, water fountains, showers, etc. are all for YOUR convenience please treat them with respect and keep them clean.
2. LOCK UP ALL OF YOUR VALUABLES!! If you have an item that is too large to lock in your PE locker see a coach about storing the item.
3. NO FOOD OR DRINKS IN THE LOCKER ROOM.
4. Keep your assigned lock on your assigned locker, you will be held accountable for the condition of the lock and the locker at the end of the semester.

Physical Education Activities

All activities we participate in fall into one of the following categories: cardio/fitness activities, large-sided games/sports, small-sided games/sports, individual/dual sports. Some specific activities include but are not limited to: cardio circuits, kickboxing, Tabata, running, cardio equipment (treadmills, elliptical, spinning bikes, etc.), weight training, ultimate Frisbee, team handball, soccer, softball, volleyball, nitro ball, tennis badminton, corn hole, disc golf, basketball and cardio games.

Class Rules

- Students must inform the teacher before class begins if they are unable to participate and provide proper documentation. Even if a student is unable to participate, they are still expected to dress out.
- Students must be on time for all activities.



- In order to earn participation points you must participate in the ENTIRE period; partial credit will not be given.
- No cell phones or iPods will be permitted in the gym.

Locker #: _____ - _____ - _____

Signature: _____

Parent Contact or Notes:
