

# **Health & Physical Education Summer School 2018**

**Dates:** Monday, June 3– Friday, June 21

**Times:** PE 8:00-10:30AM, Health 11:00AM- 2:00PM

**Where:** HS Health Room (93), HS Gymnasium

**Cost:** Health & PE = \$250 Health

Only = \$150

PE Only = \$150

*\*All money should be turned in by March 1<sup>st</sup> to the high school counseling office. Checks should be written out to Granville High School.*

**Who:** Upcoming 10-12 grade (Health & PE), upcoming 9 grade (PE only)

**Class Capacity:** Health class is limited to 30 Students: PE class is limited to 50 students (Student requests will be honored based on seniority.)

Expect to be engaged the entire time you are in class and anticipate at least one hour of homework each night. The summer course is designed to cover a full Health and/or PE curriculum in a three-week period. Come to class with a one inch, 3-ring binder with loose leaf paper, and a writing utensil.

## **Attendance Policy**

**20 points per day x 15 days of class= 300 Total Points Possible**

- Every time a student misses a class, 20 points are subtracted from total points possible!
- Students may earn 10 points back by completing a 2-page typed paper. (this is upon student request, not the responsibility of the teacher to assign)
- Student may only miss 2 days before being dismissed from the course.
  - A student will not receive credit for the course if they miss more than two days of class time. (*2 classes*)
  - Exceptions are up to the discretion of the instructor
  - All missed class and lab work must be made up

## **Report Cards**

- We will have grades completed by July. Student grades will be directly added to the student transcripts.

## **Application Deadline**

- Please complete the attached application and include payment (check only made out to GHS).
- All summer school applications with payment must be turned into the counseling office by March 1<sup>st</sup>

## **Granville High School Physical Education Syllabus**

In the state of Ohio, ALL PE students are required to complete assessments in order to receive PE credit. The PE portion of summer school will be completed in the High School gymnasium or weight room in order to ensure we are meeting state requirements. Most days we will be working on assessments along with playing team-building sports while working on fitness components.

Weather will be a major factor in whether or not we will be able to utilize outdoor facilities. Students will always be back to GHS for pick-up by 10:30AM.

### **Summer School Health Curriculum**

- Personal Fitness
- Components of Fitness
- Goal Setting
- Guidelines for Exercise (Injuries, Heat vs. Cold)
- FITT Principles of Training
- Flexibility
- Cardiovascular Fitness
- Muscular Strength and Endurance
- Body Composition
- Nutrition
- Social Network Safety Unit
- First Aid Unit
- Stress Unit
- Current Health Topic- Group Project/Presentations
- Guest Speakers if Available ○ Organ Donation ○ Licking County Health Department ○ Tobacco Prevention ○ Suicide Prevention-Counselors ○ Impact Teen Driving ○ Sexting
- Eating Disorders
- CPR
- Communicable vs. Non-Communicable diseases
- Healthy Relationships Unit
- Suicide Prevention
- Sleep Unit
- Mental Health Disorders Unit

## Granville High School Summer School Application

Student's Name: \_\_\_\_\_ Grade Entering \_\_\_\_\_

I understand that my child will be taking the summer school course Health and/or Physical Education at Granville High School. It will be June 3-June 21, meeting weekdays from 8:00-2:00 PM for Health & PE, 8:00-10:30 AM for PE Only, or 11:00-2:00 PM for Health Only.

If my child is going to miss any days, I must inform the teacher in advance of these absences, so they can plan accordingly. *(Please see the attendance policy on Page 1)*. My child is responsible for making up any missed work in this situation. I understand there is a fee for this course that **I must pay by check to the high school counseling office by March 1<sup>st</sup> to reserve my place by seniority.**

Parent's Signature \_\_\_\_\_

Payment \_\_\_\_\_ \$250.00 (Health & PE)

Payment \_\_\_\_\_ \$150.00 (Health Only)

Payment \_\_\_\_\_ \$150.00 (P.E. Only)

Applications and checks are due in the Counseling Office by March 1<sup>st</sup>. Make checks payable to *Granville High School*.