

# Welcome to Health & Physical Education

## Imp@ct Academy Middle School

**Teacher:** Jason Watts

**Room:** Gym/Google Meet



**Blended Days:** Tuesdays & Thursdays

**Virtual Days:** Monday, Wednesday & Fridays

**Contact Information:** Please contact me using email or phone/text as the primary contact sources, during normal school business hours, 8am - 4pm. After hours I will respond at my convenience.

School email: [jwatts@henry.k12.ga.us](mailto:jwatts@henry.k12.ga.us)

Text/Phone: 971-2-IMPACT or 971-246-7228

### **Student Expectations**

This course requires a certain level of commitment from you in order to do your best and get the most out of the course. Throughout the course, you are expected to spend time each week engaged in the following:

- Interactive lessons inside Google Classroom that will include a mixture of tasks.
  - Vocabulary
  - Videos
  - Journal Activity Assignments
  - Practice Assignments
  - Quizzes, Test, & Final Exam
- Weekly Fitness Log - Required for this course.

### **Grading Policy:**

You will be graded on the work you do online and in person. Participation is a major grade for both online and in person. The weighting for each category of graded activity is listed below and your final grade will be calculated on the following percentages:

Quizzes/Tests	40%
Practice Assignments	40%
Final Exam	20%



### **Course Descriptions**

**Physical Education (6-8 grade)** is a content based course with required physical fitness activities which are self reported through the student fitness log requirement. The content based portion of this course explores: safe exercising and injury prevention; cardiovascular health; muscular strength and endurance; flexibility; nutrition and weight management; lifetime fitness; consumer product evaluation; biomechanical principles; team and individual sports; and stress management.

**Health/Personal Fitness (8th graders receiving HS credit)** is a content based course with required physical fitness activities which are self reported through the student fitness log requirement. The content based portion of this course combines a wide range of health and fitness concepts, creating a comprehensive exploration of all aspects of wellness. Throughout the course, students investigate fitness and physical health, they are also learning about the nature of social interactions and how to plan a healthy lifestyle. The course fulfills both health and physical education standards at the state and national level.