WELLNESS (Health/PE)

Instructors: Mr. Christiansen, Ms. Feid, Mr. Shuffain
Location: Health in Room 1108; Phys. Ed. in the Gymnasium
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COURSE DESCRIPTION:

This is a course that addresses many aspects of a teen's well-being, including those that have a potential impact on his/her mental, physical, emotional, or social well-being. It is comprised of two equal but distinct portions of the class, one portion is physical education and takes place either in the gymnasium or outdoors, while the other portion of the course addresses health issues and takes place either in room 1108 or 1276. You will receive a separate letter grade on the report card for each portion of the course.

ACADEMIC AND BEHAVIORAL EXPECTATIONS:

- All students will use technology in the classroom and in the gymnasium both appropriately and effectively.
- All students will work independently on some assignments and cooperatively on other assignments both in the classroom and in the gymnasium.
- Appropriate behavior is essential in the classroom environment and especially in the gymnasium for safety purposes.

ASSESSMENT METHODOLOGY AND GRADING POLICY:

Students will receive a separate letter grade based on meeting criteria specific to each portion of the class:

HEALTH

- Using grading rubrics for each assignment, the grades will be based on the following:
- Tests/quizzes each cycle
- Home assignment/project each term
- Internet health information assignments
- Daily participation grade
    - Participation grade is based on preparedness for class, class discussions, group work, behavior/language, listening and following directions.

PHYSICAL EDUCATION

Students will receive a letter grade in P.E. based on the following:

- Students "build" their grade throughout the quarter by accumulating points on a 10-point grading rubric
- Points are gathered during daily classes
- Excused absences are eligible for make-up points
- Failing grade results from missing more than 4 PE classes per term or from an average of <60% on daily performance rubric

The 10-point grading rubric is as follows:

PE DAILY PERFORMANCE RUBRIC

2 **Student arrives on time and lines up accordingly for attendance.**
1 Student is late or is not in their attendance spot.
0 Student does not show up to class or for attendance.

2 **Student actively participates for the duration of class.**
1 Student only actively participates for ½ or less of the class.
0 Student does not actively participate at all or is removed from the class.

2 **Student demonstrates effort, understanding, & enthusiasm for the activity.**
1 Student's performance lacks effort, understanding, or enthusiasm
0 Student does not try, pay attention, or take the activity seriously

1 **Student observes general safety guidelines and obeys safety rules.**
0 Student fails to observe general safety guidelines or obey safety rules.

1 **Student is respectful toward classmates, teachers, and equipment.**
0 Student is disrespectful toward classmates, teachers, or equipment.

1 **Student is able to demonstrate understanding of the sport/activity of the day.**
0 Student fails to show understanding of sport/activity of the day.

1 **Student wins and loses graciously, plays fairly, and acts w/integrity.**
0 Student boasts, blames, teases, makes excuses, cheats, or is dishonest.

10 = A **9 = A-** **8 = B-** **7 = C+** **6 = D-** **5 = F**

***If a student does not wear athletic sneakers or clothing (as described in the syllabus) or is caught using their cell phone during class, that will result in their grade being a 5/10 points for the day and the student must sit and observe the class.**

***Foul language is also not acceptable in any physical education setting. If a student is caught swearing or using any type of inappropriate language, their daily grade will be changed based on teacher discretion.**

TENTATIVE HEALTH TOPICS

- ***Sexuality Education***
- ***Fitness***
- ***Nutrition***
- ***Stress Management***
- ***Injury Prevention*** **and** ***First Aid***
- ***Infectious Diseases***
- ***Noninfectious Diseases***
- ***Addiction and Alcoholism***

SUGGESTED MATERIALS

For Physical Education:

- Appropriate physical education clothing
    - Avoid any pants or shorts that are not athletic-wear with flexibility
    - Avoid clothing that impairs ability to freely move and exercise
    - Appropriate footwear for the gymnasium (sneakers with laces)
        - No crocs or foam footwear.

HEALTH CLASS EXPECTATIONS:

- Arrive to class on time with your chromebook (charged) and a pen/pencil/notebook for taking lecture notes.
- Pay attention and participate in class.
- Pass assignments in on the day they are due. Points will be deducted for each day they are late. ***Assignments will not be accepted if they are more than five days late unless extenuating circumstances***.

- **Respect** the teacher as well as your classmates. If someone is addressing the class, *only that person should be talking***.**
- Use appropriate language at all times as well as appropriate and inclusive terminology when asking questions.
- Use Sharon High School's classroom sign-out system as it is intended…don't abuse the system or you will lose privileges
- Everyone has a right to and is encouraged to express his/her opinion *but no one has the right to disrespect the rights and feelings of those who may have an opposing opinion***.**

PHYSICAL EDUCATION CLASS EXPECTATIONS:

- Zero tolerance policy (no bullying, teasing, etc.)
- All safety rules MUST BE FOLLOWED AT ALL TIMES!
- Doctor's note required to return to active PE after injury or concussion or serious illness.
- Always come to class with a change of clothes, appropriate PE attire, and change promptly.
- ***LOCK YOUR VALUABLES!*** The physical education teachers are not responsible for lost/stolen items from the locker room.

*Locker rooms will be locked during class periods and open during the passing/changing periods.

FAILURE TO FOLLOW ABOVE GUIDELINES WILL RESULT IN SCHOOL DISCIPLINE & OTHER POTENTIAL CONSEQUENCES (teacher detention).