

Early Bird Wellness 1

Course Information:

Department: Health/Physical Education

Length of Course: One semester

Instructor: Brynn Gunderson

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Grade Level(s): 9th

Office Hours: By Appointment

Phone: 503.673.4844

Days Meet~ Mon-Thurs. 7:25-8:25 am

***This class does not meet finals week

Course Description:

The Wellness courses provide alternating 3 week units of health and physical education. Students will participate and assess, monitoring their own lives, the factors which relate to positive mental, physical, and social health.

Course objectives:

The objectives of this course are to provide students with an understanding of how we keep ourselves healthy and practice health-enhancing behaviors, to stress the benefits of physical activity, exercise, and healthy decisions for people of all ages and abilities, to set goals for a healthy future, and to help students develop behavioral habits for continued participation, life-long health, and recreational enjoyment.

Prerequisite(s):

None

Student Learning Objectives:

Upon the successful completion of this course the student will be able to:

- Develop a greater sense of community and resulting responsibilities.
- Develop integrity, personal management skills, self esteem/self image, respect for self and others, and self motivation/discipline.
- Demonstrate improved listening skills, and oral communication.
- Explore attitudes toward recognizing consequences of risky behavior, substances, sexuality, and personal safety in relationship to peers, poor choices, and motorized vehicles.
- Demonstrate refusal skills and the ability to seek resources for help.
- Develop strategies for personal safety: STIs (Sexually Transmitted Infections, including HIV), infectious diseases, first aide, and addiction.
- Develop an awareness and understanding through analysis, the influences of cultural trend and media influences.
- Explore how personal, social, and economic factors influence the health care system.
- Apply the foundations of nutrition toward understanding in food preparation and personal and consumer health.
- Explore and understand positive and negative coping mechanism.
- Develop an understanding for community responsibility and become aware of the health care system in the community.
- Develop an understanding of the consequences of risky behavior and personal management skills.
- Understand the patterns of behavior which lead to abuse and develop skills of prevention.
- Investigate peer and community influence on individuals.
- Explore the environmental influence on the health of a community.

Required Instructional Materials: Text: *Glencoe Health: A Guide to Wellness*, Glencoe/McGraw Hill, 2001

Grading Criteria:

No student will fail this class if an honest effort is put forth, assignments are completed, and your attendance is good. Participation (being actively engaged in a positive way) is the key to learning. Your grade will be determined based on a cumulative points system. In PE, points will be based on daily attendance, positive participation, and dressing down. In the classroom, you will be graded on projects, class work, journals, tests, and quizzes.

- **Daily Participation**
- Points will be given each day based on the following scale:
- 0 = Absent from class
- 1-2 = Present but is disruptive/off task/inadequate participation/non-dress
- 3-4 = Generally on task/engaged
- 5 = Positive interactions with others/self-directed/prepared for class/on time
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Classwork	Formative Assessments: daily assignments	20%
	Summative Assessments: tests, projects, research, quizzes	30%
Physical Education		50%

Class Materials – While in health, students must bring writing utensils, paper, and other classroom materials. Books will be used in class, but will not be given to students to keep all semester. If needed, students may check books out with me for overnight use.

Dress Down Policy – Dressing down is **mandatory**. Not dressing down will be considered an unexcused absence, resulting in zero points for the day that cannot be made up. Proper PE clothes consist of athletic shorts or pants, socks, appropriate athletic shoes, and an appropriate t-shirt.

Locks and Lockers – The school does NOT provide locks, so students must bring their own for the safety of their personal belongings. Students assume all risk for personal property kept in lockers.

Test Make-Ups: Student may re-take a test to improve their grade if all of the corresponding work is completed. See teacher for additional study guide before re-taking a test. Highest grade you can earn on a re-take is 80%

Excused Absence: If students know they will be missing a class, they should see me prior to their absence to gather class work that they will miss due to the absence (especially long term absences). This should be done outside of scheduled class time. Students will be given one school day for every day missed to make-up the work, and they are responsible for all class work missed on the day of their absence. In PE, students will not receive participation credit for an absence. You can make up these points through working out for one hour for each class period missed and bringing a signed note from home detailing your make-up. Physical Education is a **Participation Based Class** – students need to be present to earn a grade!

Unexcused Absence: No make-up work is allowed for work missed due to an unexcused absence! This includes tests, quizzes, group work, and class work.

Medical

Students with long term illnesses or injuries must have a signed Doctor's note to be excused from PE activities. Students and parents are responsible for contacting me so that we can make arrangements for alternate assignments in order to get class credit.

Late Work: Late work will be accepted with a **maximum value of 75%** total points possible.

Course topics:

A Health Education Unit

- Social Health
- Mental and Emotional Health
- Alcohol, Tobacco & Illegal Drugs

B Physical Education Unit

- Presidential Physical Fitness Testing/Conditioning
- Court Sports
- Organized Games
- Team and Individual Sports