

Wellness 8th grade
Coach Davis

Course description for 18-week wellness class.

1st semester

Individual and Lifetime sports: Class emphasis is on gaining a basic knowledge of individual sports, fitness and lifetime activities. Sports and activities include, but are not limited to, badminton, tennis, walking/jogging, table tennis, disc golf, handball, pickle ball and bowling. This course will also include daily cardiovascular fitness.

Health topics will include Mental/Emotional Health, Social Health and Physical Health.

2nd semester

Team sports: Emphasis on rules, skills, and strategies of team sports.

This class is designed for students interested in learning skills and strategies of team sports. This course will include daily skill instruction and implementation of those skills into a competitive game setting. Sports may include, but are not limited to:

basketball, soccer, ultimate Frisbee, two hand touch football, floor hockey, softball, volleyball and swat ball. This course will also include daily cardiovascular fitness.

Health topics will include Mental/Emotional Health, Social Health and Physical Health.

2019-20

Middle School Wellness Course Syllabus

Instructor: Coach Davis

Curriculum:

Physical Education:

P.E. will include a variety of activities such as; team sports, individual and lifetime sports, cardiovascular fitness and strength training activities. Students will be assigned a specific activity. Activities may alternate with a fitness component workout, all will be assessed within an 9 or 18-week basis.

Health Education:

Health class will consist of health topics to related to Physical Health, Mental/Emotional Health and Social Health. Curriculum used include the Michigan Model, Glencoe Text Books and Knox County Schools approved outside speakers.

Students will be assigned a specific activity related to the subject being taught for each lesson.

Grading & Expectations:

Each day will be worth three points and will be based on the following: 1. Attitude 2. Participation and Effort 3. Attendance and Preparedness

*Note: A student's grade can be deducted from **1-3 points** each day depending on their behavior.

(8th Grade) Physical Education is worth 90% of the students' grade for the 18-week grading period. The other 10% comes from work completed in the Health class.

(6th and 7th Grade) Physical Education is worth 50% of the student's grade for a the 9-week grading period. The other 50% comes from work completed in the Health class.

Dress Requirements:

Students must wear sneakers and clothing than can participate comfortably in to PE class. Sweatshirts and/or sweatpants for outdoor activities are permitted during cool weather. The school dress code is to be followed to determine the

appropriateness of the clothing length). Students who do not have appropriate P.E. clothes or shoes will be required to participate in P.E. The teacher may assign that student to a different area or selection for that day due to safety issues.

Medicals:

If you have a medical condition that limits your participation, a “Can Do List” from your doctor is required. This will allow you to continue with class at your safe and appropriate level. Parent notes will excuse a student for one day, beyond that, a” Can Do List” must be submitted from your doctor.

Therefore, students who are not permitted to participate in the regular P.E. because of a medical excuse will be assigned selections that are appropriate with their “Can Do List”.

Make-up work:

Make Up Work: When a student misses a class where assignments have occurred, they should check with teacher ASAP to make up any work that was missed to avoid receiving a “0” for that assignment.

Cheating in Class:

Cheating will NOT be tolerated in any area of assessment or during any class activity. If cheating does occur, it will be dealt with in accordance with the student hand book.

Valuables:

DO NOT bring valuables to class! Leave them at home or in your school locker. The P.E. department and the Knox County School District are NOT liable for lost or stolen items. If you by chance bring valuables to class, it is your responsibility to give them to the P.E. staff before class. They will be placed in the coach’s office. It is also your responsibility to retrieve your valuables at the end of class.