

# Health & Phys Ed Website

## Health and Phys Ed Staff

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# **Columbia Middle School**

## **Course Syllabus**

### **6<sup>th</sup> Grade Health**

#### **Course objectives:**

The 6<sup>th</sup> grade health curriculum promotes health-enhancing , personal, interpersonal, and life skills to support a healthy, active lifestyle. Students will be introduced to and practice decision-making skills, peer resistance skills and conflict resolution. 6<sup>th</sup> graders will also learn about the social, emotional and physical changes that occur during adolescence in an effort to ease this transition period in their lives.

#### **Goals:**

To provide our students with knowledge and skills necessary to resist peer pressure and to face the changes they will face as they go through adolescence.

#### **Units Covered:**

1. Social, emotional and physical health
2. Self-esteem
3. Decision-making and peer pressure
4. Character traits
5. Emotions and stress
6. Nutrition
7. Diseases
8. Tobacco, alcohol, drugs and medicines
9. Puberty and the reproductive system

#### **Assessments:**

Grading is as follows: 25% class participation, 25% quizzes, 25% class project, 25% final exam.

Materials needed: Folder or section in binder, pen or pencil.

# **Columbia Middle School**

## **Course Syllabus**

### **7<sup>th</sup> Grade Health**

#### **Course Objective:**

The 7th grade health curriculum is designed to provide students with the information needed to make good health decisions. The units covered will focus on motivating each student to pro-actively take a role in protecting, maintaining and improving their health through responsible actions and decisions.

#### **Goals:**

To provide the students with the knowledge and resources needed to make responsible and well-informed decisions about their health. Another goal, is to place students in different group activities and role-playing situations to mirror real-life situations.

#### **Units Covered:**

1. Personal Health
2. Smoking
3. Alcohol
4. Illegal Drugs
5. Puberty & Reproductive System
6. Diseases
7. Safety
8. Nutrition
9. Relationships & Sexuality

#### **Assessments:**

Students will be graded throughout the cycle on 2 quizzes (30%), research project (20%), daily participation (15%) which includes Disease Disaster power point, in-class work/discussions, tardiness, behavior and final exam (35%).

#### **Classroom Expectations:**

1. Respect the teacher, peers, self and environment at all times.
2. Come to class prepared and on time.
3. Participate in class discussions and group activities. Be an active learner.
4. Complete all work and assignments on time and on your own unless stated otherwise.
5. No soda, candy, food, gum is allowed in class. Only water is allowed.
6. Remain seated until the class is excused.

#### **Materials Needed:**

1. Notebook, Pencil/Pen, Pocket Folder

**Columbia Middle School**  
**Course Syllabus**  
**7<sup>th</sup> Grade Research Project**

An extensive research project on a subject of your choice that is in some way health related. (Must have Mr. Gulbin's approval)

Due Date: **2 Days prior to end of cycle.** PROJECTS HANDED IN AFTER THE 5/5 WILL BE A ZERO.

This project is not going to be done in class.

Projects will be completed with a partner in a typed word document.

Choose your partner wisely

Someone you know will work hard  
Someone you can get together with outside of school  
Sometimes a friend is not a smart choice

Choose your subject wisely

Make sure your topic is going to interest both partners

The project will be broken down into 6 parts

Part 1: Why we chose the topic? (1-2 paragraphs)

Part 2: What we already know about the topic? (1-2 paragraphs)

Part 3: What we want to learn? (1-2 paragraphs)

Part 4: What we learned? (1-2 paragraphs)

Part 5: Conclusion (1-2 paragraphs)

Part 6: Work cited

# **Columbia Middle School**

## **Course Syllabus**

### **8<sup>th</sup> Grade Health**

#### **Course Objective**

Young people today are facing increased pressure from many sources. These sources are both external and internal. They include but are not limited to; smoking, alcohol & substance abuse, body image, STD'S, relationships, sexual pressures, teen pregnancy, intolerance. The 8th grade health curriculum will analyze these areas and examine ways to navigate through them in a healthy and positive way.

#### **Course Goals**

During the 8th grade health curriculum the students will examine the pressures and issues they could potentially face during their teen years. The students will have the opportunity to gain the knowledge and skills they will need to make positive and healthy decisions.

#### **Units Covered**

1. Smoking
2. Alcohol
3. Illegal Drugs
4. Sexual Pressures
5. Teen Pregnancy
6. Birth & Reproduction
7. STD'S including HIV
8. Relationships & Dating
9. Body Image

#### **Assessment**

The final grade will consist of; class participation (15%), two quizzes (30%), partner presentation (20%), and health final (35%).

#### **Classroom Expectations**

Arrive to class on time and prepared.

No eating or drinking in class other than water.

Be respectful to yourself, other students, adults in the room and school property.

Participate in class discussions and any group work.

Complete all work to the best of your ability. If it is not completed during class it is expected you where possible complete it at home so each students starts the following class at the same point.

#### **Materials**

Notebook & folder (with a pocket for handouts) or binder, pen & pencil, paper.

## Physical Education Grading System

### All students start Physical Education with 100 points.

Points will be deducted at the teacher's discretion for the following reasons;

1. Any student that is unprepared. This includes forgetting entire gym clothes, forgetting an item of gym clothes or wearing a friend's gym shirt.
2. Any behavioral issues in the gym class or in the locker room.
3. The physical education grade is based on participation. So lack of effort will result in points being deducted from the student's grade.
4. **NO** jewelry is to be worn during Phys Ed. Points will be deducted if students wear any jewelry.
5. No soffe shorts are permitted for Phys Ed class unless spandex or compression shorts are worn underneath
6. Notes from parents excusing a student from Phys Ed due to an **injury** or **illness** are only good for three days. A doctors note is required if the student is to be out of Phys Ed for longer than three days. If the Phys Ed teachers feel that notes from parents are too frequent and are being abused to miss the class then a grade reduction will occur at the discretion of the teacher.
7. Students who do not participate in gym will not be permitted to participate in an after school practice or game.