



SUGAR VALLEY RURAL CHARTER SCHOOL

236 East Main Street • Loganton, PA 17747

phone: (570)725-7822 • fax: (570)725-7825

web: www.svrcls.org • email: svrcls@svrcls.org • twitter: @svrcls

7-8th Grade Wellness

Course Syllabus

2016-2017

Instructor: Mr. Bitner/ Mr. Koser

Times to contact: 12:00-1:00

Email address: jbitner@svrcls.org/tkoser@svrcls.org

Course Description/Objectives:

Health - Students will learn pertinent health information including Mental/Emotional Health, Basic Nutrition, Personal Hygiene, Physical Activity, Tobacco, Alcohol and Other Drugs, and more.

Physical Education - Students will learn basic rules and skills, and how to work cooperatively with others in games and activities. Emphasis will be placed upon lifetime sports, personal growth, and fitness.

Required Materials:

For PE:

- Appropriate PE attire.

For Health:

- Pencil
- Paper

Texts: Health and Wellness, Meeks Heit

Online book- www.healthmh.com Click on online student edition three times

User Name- Meeks

Password- t79ystle

Grading Policy:

PE:

Participation: 20 points per day

- Participation is described as being actively involved with the class and coming to class prepared with the following items: **Appropriate PE dress (shoes, shorts, shirts that follow the dress code)**, paper, pencil, homework, books, and worksheets. **(20pts lose if not done)**
- Participation is also the behavior and actions of a student during PE class. Twenty **(20)** points are deducted when a student; abuses equipment, uses inappropriate language, takes actions which may harm other students, or if they just do not participate in the daily activities.

Test: 200 points per test or exam papers

Test, papers, presentations, and or quizzed will be given to students on the vocabulary, history, or rules taught in class. The test and quizzes will be averaged to the maximum of a 100 point value and doubled.

Skills Test: 100 points per skill given

Skills test will be given during some of the PE units. There may be no skills test given for a 9 weeks

Extra Credit: 5 points on that given test

Extra credit is given at various times in the PE class and is not always given for every unit.

Student 1 Example

Participation score:	360/ 400 points
Test score:	278/300 points
Skills test:	100/100 points
Extra credit:	5/000
Total Score:	738/800 = 92.2% (92%)

Health:**Participation: 20 points per day**

Participation is described as being **actively involved** with the class and coming to class prepared with the following items: paper, pencil, homework, books, and worksheets. **(5pts lost if not done)**

Participation is also the behavior and actions of a student during Health class. Ten **(10)** points are deducted when a student; abuses equipment, uses inappropriate language, takes actions which may harm other students, or if they do not participate in the daily activities.

Assignments: Various points

Students will be given assignments throughout the course. These assignments will vary in point value but will be completed either in class or as homework assignments. The assignments themselves will follow the lesson focus of each class.

Tests: 100 points per test

Tests will be given as multiple choice, true/false, fill in the blank and other forms of assessment based on each topic covered in class.

Current Events: 50 points per Paper (x2)

Students will be required to write two (2) one plus page papers that focus on a current health event going on around the world. These assignments will focus on writing skills and research skills. Combining both will count as a test grade.

Extra Credit: 5 points (various)

Extra credit is given at various times in Health class and is not always given for every unit.

Student 1 Example

Participation score:	480/ 500 points
Assignment score:	172/200 points
Test score:	578/600 points
Current Events:	97/100 points
Extra credit:	10/00 points
Total Score:	1337/1400 = 95.5% (96%)

Homework/Attendance:

Students who are excused for more than 2 class days must make up participation points and homework assignments for these days. A one-page paper will be typed and handed into the teacher by the two day limit described in the student handbook. (On the PE unit or Health topic being taught at that time.)

Students may also hand in one PE points article for every day that is missed.

***If not handed in all points will be lost for those 3 days. ***

Course Outline/Units:

Wellness Units:

Physical Education

- 1. Physical Fitness
- 2. Soccer
- 3. Flag Football
- 4. Ultimate Frisbee
- 5. Basketball
- 6. Badminton
- 7. Pickleball
- 8. Volleyball
- 9. Archery

Health Education

- 1. Intro to Health
- 2. Mental/Emotional Health
- 3. Fitness and Nutrition
- 4. Alcohol and Other Drugs
- 5. Tobacco
- 6. Personal Hygiene
- 7. Human Sexuality

Grading may change slightly during a 9 weeks

By signing this form, I give permission for my student to travel to off-campus sites such as the baseball field, walks, hikes, etc. for the 2016-2017 school year.

We have read the information above and we understand the policies for Wellness class. (Mr. Bitner/ Mr. Koser)

Student Name (printed)

Student Signature **Date**

Parent/Guardian Name (printed)

Parent Signature **Date**