

Wellness I

The mission of Milford High School and Applied Technology Center is to provide a quality education that challenges all students to succeed.

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Course Description

- Students will participate in a combination Health and Physical Education course. Students will alternate class daily. At the completion of the course the students will earn a required credit.
- Syllabus/outline of topics covered in course:

Physical Education

- Unit 1: Archery
- Unit 2: Flag football
- Unit 3: Fitnessgram
- Unit 4: Fitness Strength Training
- Group games misc.
 - ❖ Most units will run at the pace of 4-6weeks per semester.

Health

- Unit 1: Intro
- Unit 2: Personal Responsibility & Behavior
- Unit 3: Diet & Nutrition
- Unit 4: Growth & Development
- Unit 5: Alcohol & Drugs
- Unit 6: STD's

- Competencies
 - *Community Contributors:*
 - ❖ Participates positively as an in-formed community member.
 - ❖ Recognizes relationships between individual action and its impact on community.
 - ❖ Demonstrates respect and sensitivity for diversity within the community.
- Essential questions
 - Can students make lifelong healthy choices using the knowledge and skills acquired in this course?
- In this course, students will be exposed to individual and team activities. Students will be educated on the basics of interpersonal skills, the effects of genetics and environmental factors.

- Common Core Assessments

- ***Physical Education***

- Assessments will be based on 3 main sections of class.

- ❖ Be prepared for class
 - Students must have the correct change of clothes including appropriate foot wear.
 - Complete the warm-up correctly
 - ❖ Participation:
 - Be actively involved in the activity
 - Contributing to play
 - Sportsmanship
 - Fair play
 - Experience different roles during activities (ex. goalie, attacker, and defender).
 - ❖ Show acquired learning:
 - Assessments styles.
 - Quizzes
 - Tests
 - Skills Evaluations

- Resources

- Students will be provided access to a Life Time Health book as well as Power Point presentations and photocopies. They will need to provide their own binder, spiral notebook and pens or pencils. Students will need to bring their own change of clothes and appropriate footwear for the Physical Education class.

Grading

- Formula used to calculate final grade (Quarter 45%, Quarter 45%, Final exam 10%)

- Quarter grades

- ***Physical Education (50%)***

- 10% Activities/Skills
 - 15% Quiz/tests
 - 25% Participation

- ***Health***

- Assessments will be based on 3 main sections of class.

- ❖ Quizzes
 - Quizzes will be given regularly.
 - ❖ Tests
 - There will be a test given at the end of each unit.
 - ❖ Projects
 - Projects will be required when appropriate.
 - An example of a project would be a nutrition analysis.

- ***Health (50%)***

- 15% Projects
 - 10% Quiz
 - 15% Tests
 - 10% Participation

- Describe major assignment types

Physical Education

- Daily Participation Grade

All students begin class with 10 points

Points are reduced based on the following criteria.

- ❖ Tardy to Class 1-2 points
- ❖ Inappropriate Clothing or failure to change. 1-3 points
- ❖ Inappropriate Footwear 1 point if
borrowed
- *Will not actively participate if student does not have sneakers.
- ❖ Lack of Effort or does not complete warm-up. 1-3 points
- ❖ Poor or lack of class Participation/Effort 1-5 points
- ❖ Poor Sportsmanship/Attitude 1-2 points

Note:

Students missing class can earn up to 10 points back through make up work. Quizzes, worksheets and skill assessments can be retaken upon consultation with the teacher. Students choosing not to participate, sitting-out of class without legitimate reasons, will receive an automatic 0 for that day, no make-up work accepted.

- Rubric for Assessment of the skills for each unit.

Grade	Basic skills	Understanding the Rules and Game Situations	Applying Proper Decision Making and Complex Skills in Game Situations
5	Completely	Completely	Completely
4	Most of the Times	Most of the Times	Most of the Times
3	Partially/Fair	Partially/Fair	Partially/Fair
2	Somewhat	Somewhat	Somewhat
1	Poor	Poor	Poor
0	Does Not	Does Not	Does Not

❖ **15 possible points.**

Correction Criteria for Workout Project Sheet

Total 100 points

Neatness/organization	20 pts
Exercises included/day	25 pts
Goal	10 pts
Setup based on goal	45 pts
Exercises selected	10 pts
# Sets selected	10 pts
# Reps. Selected	15 pts
Load used	10 pts

Classroom Rules/Policies/Guidelines

- Class Procedures
 - Arrive to class on time
 - Enter and Exit the locker rooms through the gymnasium.
 - Change into appropriate physical education attire. This means shorts, sweat pants or wind pants, and a t-shirt or sweatshirt. Follow the school dress code rules and no hats. Dress appropriately for the weather. Jackets may be necessary. Tied Sneakers are Mandatory.
 - Follow the attendance procedure.
 - Respect all school, facility and unit rules both safety and behavioral.
 - Keep the locker room clean and neat.
 - No food, drinks, candy or gum is allowed at any time. These are safety hazards and we have many students with various food allergies. Water bottles are allowed outdoors and inside with teacher permission..
 - **Any assessments or class time missed due to illness, injuries or absences must be made up. See “Make Up Options”.**
 - Any notes regarding health conditions or medical excuses must be brought directly to the nurse. Only excuses written by the nurse’s office will be accepted.
 - Students are responsible to have a pencil available in the locker room at all times.
- Discipline Guidelines
 - The first warning is verbal
 - On the second warning, the student will be sent to a specified area where he/she must remain quiet until a teachers conference can be held to correct the unacceptable behavior and determine consequences to be applied should the behavior persist.
 - The third warning will result in a detention. A form may be sent home with the student containing the behavior, date and time of the detention. This slip must be returned the next school day signed by the parent/guardian. Any detention will require the student to give a written account of the behavior and steps for improvement.
 - Failure to sit quietly in the specified area or a fourth warning may require the removal of a student by the teacher or an administrator to the office. In this case the student will receive a detention and/or an office consequence.
 - Serious offenses will be dealt with immediately to step 4. Such offenses may include, fighting, bullying or harassment of any kind.
 - Any student who fails to return a detention slip or stay for his/her detention will receive double time and a phone call will be made to the home. Any further miss will result in notification to the office.

Extra Help

- Teachers are available by appointment.