

6th Grade **Health and Physical Education Course Syllabus**
TETON COUNTY SCHOOL DISTRICT #1 JHMS VISION STATEMENT
*JHMS provides students with an innovative
and exceptional education that instills integrity
and promotes achievement in a diverse world.*

Jackson Hole Middle School Course Syllabus

Please visit our website, <http://www.tcsd.org> for more information on all schools and programs.

Teachers:

Jason Huggins
Cody Hansen
Krista Dooley

Course Title:

6th Grade **Health and Physical Education**

Course Standards/Objectives:

WYOMING **Physical Education**
CONTENT AND PERFORMANCE STANDARDS

1. **MOVEMENT**

Students demonstrate competency in movement forms and apply movement concepts and principles to the learning and development of motor skills.

2. **FITNESS**

Students demonstrate fitness literacy and behaviors associated with it.

3. **PERSONAL AND SOCIAL BEHAVIOR**

Students demonstrate personal and social responsibility, understand the benefits of physical activity, and respect diversity among people in physical activity settings.

WYOMING **Health** CONTENT AND PERFORMANCE STANDARDS

1. **HEALTH PROMOTION AND DISEASE PREVENTION**

Students will comprehend concepts related to health promotion and disease prevention.

2. **ACCESSING HEALTH INFORMATION, PRODUCTS, AND SERVICES**

Students demonstrate the health skill of accessing valid health information and health-promoting products and services.

3. **SELF MANAGEMENT**

Students demonstrate the health skill of practicing health-enhancing behaviors and reduce health risks.

4. **INFLUENCE OF CULTURE, MEDIA, AND TECHNOLOGY**

Students use the health skill of analyzing the influence of culture, media, technology, and other factors on health.

5. **INTERPERSONAL COMMUNICATION**

Students demonstrate the health skill of using interpersonal communication skills to enhance health.

6. **GOAL-SETTING AND DECISION-MAKING SKILLS**

Students demonstrate the health skill of goal setting and decision-making skills to enhance health.

7. **ADVOCATING FOR HEALTH**

Students demonstrate the health skill of advocating for personal, family, and community health.

Course Materials/Supplies and School Year Outline:

Always show up to class prepared. Proper athletic attire is needed for Physical Education class and a notebook/folder/pencil is needed for Health class.

1 st Quarter Units and Lessons	<u>PE</u> - Flag Football Soccer Fitness Tests
2 nd Quarter Units and Lessons	<u>PE</u> - Basketball Juggling/Hacky Sack/JumpRope Fitness Tests
3 rd Quarter Units and Lessons	<u>PE</u> - Tumbling/Gymnastics Bowling/Flickerball and Scooters Fitness Tests
4 th Quarter Units and Lessons	<u>PE</u> - Track and Field Ultimate Game Fitness Tests

Health Unit

Chronic and Communicable Diseases, Alcohol awareness/Fitness Principles Health is taken during 1 quarter of the year as a separate class.

Course Grading Specifics:

	Description	% of total grade
Psychomotor	Loco-motor, object control, and body control skills.	33%
Cognitive	Tests, Quizzes, Homework.	33%
Affective	Hellison's Personal and Social Responsibility Model	34%
Health	Unit and Lesson work Health is taken during 1 quarter of the year as a separate class.	100%

Grading Scale:

A+ Above 97.5%	A 97.5-92.5%	A- 92.5-90%
B+ 89-87.5%	B 87.5-82.5%	B- 82.5-80%
C+ 79-77.5%	C 77.5-72.5%	C- 72.5-72%
D+ 69-67.5%	D 67.5-62.5%	D- 62.5-62%
F below 60%		

Make Up Procedures:

Whenever you are absent from class, you need to get an **Absence Makeup form** from your teacher to make up for the participation points which is part of your affective grade. Only school sponsored absences do not require a makeup form. You are required to do 30 minutes of physical activity outside of class for everyday you miss.

Affective part of grade– Hellison's Personal and Social Responsibility Model

Each week students will be getting a grade for their personal and social responsibility. In the past we called this Performance points. The following rubric or guidelines should help with understanding.

Level 4 – Caring

- Shows caring and concern for others in the class.
- Is helpful and involves others.
- Shows respect to all
- Works productively with all.
- Is engaged at a high level during class.

Level 3 – Self-Direction

- Shows respect to classmates, teacher, equipment, and facilities.
- Participates consistently with others.
- Works productively with others
- Works independently and is self-motivated
- Is engaged at a high level during class, but did not always give best effort.

Level 2 – Participation and Involvement

- Participates under supervision
- Is rarely engaged at a high level during class and does not give best effort.
- Shows respect to others

Level 1 – Respect and Self Control

- Not participating fully, but not interfering with others
- Not always trying your best
- Trying to hide out from the activities

Level 0 – Irresponsibility

- Not involved.
- Gets frustrated and quits
- Is disruptive to others
- Blames others, denying personal responsibility
- Cheating
- Unsportsmanlike behavior

Weekly grade breakdown

Level 4 – Caring = 100%, A+ on weekly grade

Level 3 – Self-Direction = 90%, A- on weekly grade

Level 2 – Participation and Involvement = 75%, C on weekly grade

Level 1 – Respect and Self-Control = 60 %, D- on weekly grade

Level 0 – Irresponsibility = 50%, F on weekly grade

Contact Information:

E-mail address/ phone #:	kdooley@teton1.k12.wy.us	733-4234 ext. 3146
	chansen@teton1.k12.wy.us	733-4234 ext. 3148
	jhuggins@teton1.k12.wy.us	733-4234 ext. 3248

The best time to call: 10:45 AM to 11:30 AM

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