

*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:**

7<sup>th</sup> 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 <sup>st</sup> Quarter Units and Lessons	<b><u>PE</u></b> - Volleyball Ultimate Frisbee Fitness Tests
2 <sup>nd</sup> Quarter Units and Lessons	<b><u>PE</u></b> - Badminton Weight Lifting Fitness Tests
3 <sup>rd</sup> Quarter Units and Lessons	<b><u>PE</u></b> - Basketball Individual Dance Fitness Tests
4 <sup>th</sup> Quarter Units and Lessons	<b><u>PE</u></b> - Softball Floor Hockey / Field Hockey Fitness Tests

### **Health**

Nutrition

American Red Cross First Aid and CPR

## **Course Grading Specifics:**

	Description	% of total grade
Psychomotor	Loco-motor, object control, and body control skills.	22%
Cognitive	Tests, Quizzes, Homework.	22%
Affective	Hellison's Personal and Social Responsibility Model	22%
Health	Unit and Lesson work	34%

## **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:**

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The best time to call: 1:45 to 3:00 pm

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