

8th Grade **Health and Physical Education Course Syllabus**
Teton County School District #1 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:

8th 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:

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> - on rotation throughout the quarter 1 Flag Football 2 Soccer <u>Health</u> - Goal setting and decision making using the Life Skills training booklet
2 nd Quarter Units and Lessons	<u>PE</u> - on rotation throughout the quarter 1 Social Dance 2 Pickleball 3 Weight Lifting 4 Basketball <u>Health</u> - No Health Unit because of Social Dance
3 rd Quarter Units and Lessons	<u>PE</u> - on rotation throughout the quarter 1 Cross Country Skiing 2 Archery <u>Health</u> - Life Skills training booklet
4 th Quarter Units and Lessons	<u>PE</u> - on rotation throughout the quarter 1 Golf 2 Baseball <u>Health</u> - Human Sexuality

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: 10:45-11:30am