

2015-2016

HEALTH AND PHYSICAL EDUCATION
Mrs. Tana Brewer

B.S. in Health and Physical Education

Email address: brewert@sacredheartgroton.org

COURSE DESCRIPTION AND OBJECTIVES

The purpose of Health Education is to improve the quality of living for the individual, the family, and the community. Health Education is the process of providing learning experience, which favorably influence understanding, attitude, and conduct relating to individuals and community health. The Health Education program will enable the student to develop desirable attitude, practices, behaviors, and acquire the knowledge needed for safe and effective living. Health Education is offered for middle school.

Physical Education is that phase of education concerned with the teaching of skills, knowledge or rules, and development of teamwork and sportsmanship through physical activities. The curricula are aligned with the National Standards for Physical Education. Physical Education is part of the process of education that utilizes games, sports and other vigorous activities to help students achieve the goal of education. It provides each student with opportunities to develop lifetime skills enabling the student to lead a full and productive life in school and afterwards. Physical Education is offered for Elementary and Middle School.

Students will also participate in special activities outside the curriculum such as: Walk across the U.S., Hoops for Heart, Field Day, and class choice activities.

STUDENT EXPECTATIONS

All five expectations need to be followed

1. **Be Respectful:** Be respectful to the Instructor, to others and to the equipment.
2. **Positive Sportsmanship:** Be a team player and have encouraging words to others. Be a good person, follow school and class rules, and the Golden Rule.
3. **Positive Participation:** Give your maximum effort and be an active participant. Challenge yourself
4. **Be Responsible:** Be on time with homework assignments and to class. Take care of the equipment and the school facility.
5. **Be Safe:** Don't do things that could cause harm to self, to others or to school/equipment.

BEHAVIOR MANAGEMENT AND GRADING (Grades 3-8)

Students will be graded on a daily basis using a 5 point scale. Each student will begin the class with 5 points. Each time he or she violates a rule from the above, 1 point is deducted. On the rare occasion when a student’s behavior is inordinately out of control, highly disruptive, and/or unsafe, he or she will be sent to an administrator and will receive a “zero” for the day. Such decisions will be made on a case by case basis. Students who receive perfect marks in class will be eligible for individual “P.E. Wall of Fame” honors, if maintained throughout the marking period. Additionally, if a whole class achieve perfect marks in a class period, they will receive “P.E. High Five” honors which will be placed in the cafeteria to show great progress for their class. In addition to being graded on daily performance, students will periodically be given formal assessments such as quizzes and tests. Such assessments will be in several formats including: written, oral, and physical demonstration. Formal assessments will be worth 20% of student’s final grades.

BEHAVIORAL MANAGEMENT AND GRADING (Grades PreK-2)

Students are expected to follow the same rules as outlined above. However, it is not developmentally appropriate to boil their progress down to a single letter grade like that of their older schoolmates. Alternatively, Pre K and Kindergarten are informally assessed via teacher observation and their progress is reported in a comprehensive manner at the end of each marking period. Ultimately, students who follow teacher directions and give their best effort in activities fare very well come report card time.

DRESS CODE:

Adherence to the school’s uniform policy is required. For P.E., it is especially important that your wear appropriate footwear. Dress shoes, slippers, boots, sandals, etc. will not be permitted and your child’s grade will reflect the violation. A note will be sent home if such violations persist. We will be **outside** as frequently as possible. Please dress your child for the day’s weather; hats may be worn for sunny days.

COURSE CONTENT Physical Education

PreK-2nd Grade Units	3rd-8th Grade Units
Parachutes, Manipulatives	Soccer, Flag Football
Balance, Stunts, Tumbling	Tennis, baseball
Jumping, Dance	Volleyball, Basketball
Kicking, Trapping, Catching, Throwing	Floor Hockey
Dribbling, Volleying, Striking	Dance and Rhythms
Speed Stacking	Mixed Sports, Fun, Fitness
Sportsmanship	Sportsmanship

COURSE CONTECT Health Education (6th-8th Grade)

- ✚ Understanding Health and Wellness
- ✚ Taking Charge of Your Health
- ✚ Physical Activity and Fitness
- ✚ Nutrition
- ✚ Mental and Emotional Health
- ✚ Building Healthy Relations and Good Character
- ✚ Resolving Conflicts and Preventing Violence
- ✚ Personal Safety
- ✚ The Environment and Your Health
- ✚ Understand the Risks of Drugs, Alcohol, and Tobacco use (7th and 8th grade)
- ✚ Personal Health and Consumer Choices (7th and 8th grade)
- ✚ Growing and Changing (7th and 8th grade)
- ✚ Communicable Disease (7th and 8th grade)
- ✚ Noncommucible Diseases (7th and 8th grade)

I am very much looking forward to working with your child this year. Please feel free to contact my via email brewert@sacredheartgroton.org should you have any questions.

Thank you

Tana Brewer
Health and Physical Educator