

# 6<sup>th</sup> & 7<sup>th</sup> Grade Health and Physical Education Syllabus

**Class period:** 10:46 - 12:16

**Schedule:** 6th grade – A Day; 7th grade – B Day

Students will alternate between PE/Health class and the other elective class.

## **Course Description:**

Health and Physical Education is a vital part of a complete education. Students involved in the 6<sup>th</sup> & 7<sup>th</sup> Grade Health and Physical Education curriculum will, according to multiple documented sources, be in activities that can enhance their academic performance and classroom behavior throughout the school day. Increasing health knowledge and developing healthy behaviors in our students help them become well-rounded individuals. Student will be introduced to and participate in activities that will help them remain active through a lifetime, learn to set and achieve health related goals and work with others in multiple situations. During the health portion of the class students will have an opportunity to explore health related topics in detail and learn positive decision making skills. You can learn the required material. I am here to help you, but no one can make you learn. It is your choice! Please cooperate so we can both have a successful year.

## **Textbook/Supplies**

- Comprehensive Health Skills for Middle School
- Chromebook
- Pen or pencil
- Loose Leaf Paper
- 3 ring binder or folder

## **Grading Policy**

<b>Physical Education (60%)</b>	<b>Health (40%)</b>
Daily Grade = 100 pts.	Classwork = 10%
Inappropriate shoes = 30 points taken off	Test/ Projects = 30%
Failure to participate = 0 points	

## **Make-Up/ Late Work**

If you are absent for any reason, it is **YOUR** responsibility to get all work missed for that day. You will have 2 days to turn in any make up work. You will have 1 day to turn in late work. Otherwise, it will result in a **zero**.

## **Topics Covered: 6th grade Health**

- Chapter 1: Understanding your Health and Wellness
- Chapter 2: Developing Good Hygiene
- Chapter 17: Body Systems

- Chapter 12: Preventing and Responding to Accidents and Injuries
- Chapter 4: Promoting Mental and Emotional Well being
- Chapter 5: Getting Help for Mental Health Conditions
- Chapter 13: Protecting Environmental Health

#### **Topics Covered: 7th grade Health**

- Chapter 6: Nutrition
- Chapter 7: Physical Fitness
- Chapter 8: Tobacco
- Chapter 9: Alcohol
- Chapter 10: Medication and Drugs
- Chapter 3: Getting the Sleep You Need
- Chapter 4: Being Mentally and Emotionally Healthy

#### **Physical Education Requirements**

Health and Physical Education is required for all students. Student participation is a must. This is an activity-based class therefore students should expect to be active during the class period. Students should be prepared to openly experience new activities. Remember to be safe, responsible, respectful, and have fun.

#### **Medical Excuses**

Students may be excused from activity, due to illness. **You must present a written note from your parent in order to be excused for the day.** However, when possible, the student should dress appropriately for physical education class. In case of an extended illness or handicap, a **note from a physician is required.** If the student cannot participate, they will be assigned an alternate activity for the day.

**Water bottles:** Students are allowed to **only** bring water bottles to Health/PE class. Students will no longer be allowed to get cups from the office or the nurse.

**Bathroom Policy:** Students will be permitted to use the bathroom during Health/PE class. During health class, students will need to have a hall pass before leaving class and will also need to sign out and sign in on the sign-out sheet. During PE class, they may use the bathroom in the gym ONLY.

**Cell Phone Policy:** Students will not be permitted to have their cell phones out during instructional time. That includes during physical activities. During physical education, cell phones shall remain in their backpacks and in the locker rooms.

***\*Scholastic athletic participation does not take priority over physical education classes.***

## **Uniforms**

Students are no longer required to dress out for physical education class as long as they wear proper foot attire (tennis shoes). Crocks, sandals, or boots are **not** considered appropriate foot attire and the student will lose 30 points each day they are worn. If dress is not appropriate for gym or they refuse to participate the student will receive a **zero** for that day. However, students are strongly encouraged to dress appropriately for physical education class.

Recommended attire is defined as:

1. Athletic shorts/sweat pants with an elastic waist
2. T-shirt with no buttons or collar
3. Tennis shoes and socks

## **Locker Room Rules**

**\*Gym Lockers are available to rent for \$2.00**

1. No horseplay
2. No gum, food, or drinks
3. Do not leave clothes on the bench
4. ALL book bags will be stored in the locker room and the locker room will be locked during class time.

## **Gym Rules**

1. No cell phones or headphones
2. No jewelry
3. No books or book bags
4. No gum, food, or drinks
5. All students that do not participate will sit on the side of the court or field
6. No Cell phones or earbuds should be on person during class time. They need to be kept in the locker room.

## **Class Code of Conduct**

1. I will treat everyone with courtesy and respect.
2. I will treat personal and school property with respect.
3. I will help create and maintain a positive/safe learning environment.
4. I will come to class on time and prepared to learn.
5. I will act responsibly and accept consequences for my actions.

\*Students are expected to follow the code of conduct at **ALL** times.

## **Questions/Concerns**

Feel free to contact me if you have any questions or concerns. I can be reached at school (757) 336-6166 or by email, [tyshawn.marshall@accomack.k12.va.us](mailto:tyshawn.marshall@accomack.k12.va.us).

Thanks!

Chincoteague Health & Physical Education Department

**PLEASE SIGN AND RETURN**

Dear Teacher,

I have read the requirements, rules and expectations for 6<sup>th</sup> & 7<sup>th</sup> Grade Health and Physical Education. Please provide the physical education staff with any physical or medical handicap that would prevent your child from participating in a normal physical education class. Comments:

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\_\_\_\_\_  
Student's Name

\_\_\_\_\_  
Parent's Name

\_\_\_\_\_  
Date

**Parent/Guardian Contact Information**

Phone number during the day: \_\_\_\_\_

Phone number during the evening: \_\_\_\_\_

What is the best time to reach you? \_\_\_\_\_

Email: \_\_\_\_\_

What is your preferred method of communication? \_\_\_\_\_