

**Bracken County Middle School**  
**5<sup>th</sup> Grade Health and Physical Education**  
**2008-09 Course Syllabus**

**Address:** 167 Parsley Drive  
Brooksville, KY 41004

**Phone:** (606) 735-3425

**Website:** [bracken.kyschools.us](http://bracken.kyschools.us)

**Instructor:** Deron Ray

**E-mail:** [deron.ray@bracken.kyschools.us](mailto:deron.ray@bracken.kyschools.us)

### **Course Description**

5<sup>th</sup> grade Health/P.E. introduces topics dealing with dietary habits: basic nutrients, food guide pyramid, food labeling, etc., which affect the way an individual looks and feels. Lifetime individual and team sports are introduced with an emphasis on becoming physically active...and enjoying it.

### **Comments**

The main goal of the class is to introduce nutrition and fitness concepts, as well as conflict resolution strategies, along with individual and team sport activities, which will allow students to make informed decisions which will positively impact their lives now and throughout adulthood. Emphasis will be placed upon immediate application of what is learned to create healthy habits that will last a lifetime.

### **Course Standards**

- Diet, exercise, and rest affect body systems.
- Six basic nutrients are needed for proper growth and development.
- Using dietary guidelines, food guide pyramid, and other resources helps make daily food choices.
- Learn and implement conflict/stress strategies.
- Individuals who understand their bodies and how to perform various movements will be safer and more productive in recreation and work activities.
- The ultimate goal is an early introduction to physical activity that encourages involvement in regular activity throughout one's lifetime. (Physical activity can and should be fun; it's a matter of "finding your passion.")

### **Method of Grade Calculation**

Students will be evaluated on class assignments and activities, including, but not limited to, the following: class work, homework, journal entries, tests, "dressing out", and participation.

### **Textbook**

Holt, Rinehart and Winston, *Decisions for Health*. Harcourt Education Co., 2004

## **Required Materials**

Folder or binder

Looseleaf paper, college-ruled

Pencil

## **Classroom Rules & Procedures**

- Arrive prepared for class (paper, pencil, book, agenda, and gym clothes)
- Have assignments completed and ready to turn in
- Stay in your seat
- Respect others
- Be recognized before you speak
- Put your name on all assignments

## **Grading**

Students will be evaluated on class assignments and activities, including but not limited to the following:

- P.E. Journal (physical activity completed in and outside of class)
- Dressing out and participation in class
- Portfolio Entry
- Tests/Quizzes
- Bonus point opportunities (as available; approved by teacher)

## **Participation & Attendance**

Students will be expected to be on time and prepared for class with all necessary materials. Attendance, dressing out (t-shirt, shorts/sweat pants, cotton socks, and gym shoes), and participation is of vital importance as much of the work is done in class. Only students with excused absences will be allowed to make up work. It is the student's responsibility to come to me and get any missed assignments the first day back upon returning to school.

## **Course Content/Calendar**

### Health

Course Introduction

Unit 1 Self-Esteem/Body Image 2 Weeks

Unit 2 Nutrition and Your Health 3 Weeks

Unit 3 Coping with Conflict and Stress 3 Weeks

Review and Exam 1 Week

### Physical Education

Unit 1 Physical Fitness 2 Weeks

Unit 2 Individual Sports (Tennis/Bowling) 3 Weeks

Unit 3 Team Sports (Hockey, Team Handball, and Volleyball) 4 Weeks

