

Bracken County Middle School
7th Grade Health and Physical Education
2008-09 Course Syllabus

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Course Description

7th grade Health/P.E. introduces topics dealing with adolescence and human body systems. The physical, emotional, and social changes that occur during puberty, as well as issues of peer pressure, will be addressed. Lifetime individual and team sports are introduced and reviewed with an emphasis on being physically active.

Comments

The main goal of the class is to address the changes that occur during adolescence. In studying the reproductive system, an emphasis will be placed on abstinence as the only 100% effective method to prevent the spread of sexually transmitted diseases, as well as pregnancy. In physical education, lifetime individual and team sports are introduced and revisited with an emphasis on becoming physically active not only in class, but as a part of their daily routine at home as well.

Course Standards

- Students will develop a knowledge of the basic structures and function of the reproductive system and its importance to the human life cycle.
- Students will identify a variety of physical, mental/emotional, and social changes that occur during puberty.
- Students will practice appropriate strategies of coping with peer pressure and will predict positive results.
- Students will understand that abstinence is the only sure means of preventing pregnancy and STDs.

Textbook

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

Required Materials

Folder or binder

Loose-leaf 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

Method of Grade Calculation

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

- Homework and Class work
- 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 Your Changing Body	3 Weeks
Unit 2 Sexually Transmitted Diseases	2 Weeks
Unit 3 Encouraging Healthy Relationships	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)	3 Weeks
Review	1 Week