

Bracken County Middle School
8th Grade Health and Physical Education
2004-05 Course Syllabus

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Course Description

8th grade Health/P.E. introduces topics dealing with the physical, mental, and emotional health of teenagers. Topics involving peer pressure, stress, and conflict resolution will also be revisited. Lifetime individual and team sports are reviewed with an increased emphasis on maintaining a high level of physical activity in and out of the classroom.

Comments

The main goal of the class is for students to learn more about their physical, mental, and emotional health, as well as to recognize options or resources available to them in a time of need. Additional topics involving positive responses to peer pressure, stress reduction, and conflict resolution will be revisited. In physical education, students will be active participants in lifetime individual and team sports, with an emphasis on creating healthy levels of activity that can last a lifetime.

Course Standards

- Students will analyze certain health habits and behaviors and how they affect the physical and emotional wellness of teenagers.
- Students will identify symptoms and causes of mental illnesses (depression and anxiety, for example) and how they vary with individuals.
- Students will recognize eating disorders and associate the various causes and effects.
- Students will identify a variety of resources available for treatment of mental illnesses and disorders.

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 Managing Mental and Emotional Health	2 Weeks
Unit 2 Conflict Resolution	2 Weeks
Unit 3 Body Image and Eating Disorders	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