



# Course Syllabus Report

## HL0090 Health 8 ()

**DISTRICT APPROVED CURRICULA:** Carone

**STATE COURSE CODE:** PE999 (Physical, Health, and Safety Education—Other )

**GRADE LEVELS:** 8th Grade

**CREDITS:** N/A

**AVERAGE HOURS PER WEEK:** 5

**PREREQUISITES:**

**DEFAULT ALE CERTIFICATED TEACHER:** Stephanie Ritchie

**ALE COURSE GRADING SCALE:** Excelling – EX - 100%-90%

Meeting – ME - 89%-70%

Approaching - AP- 69%-60%

Beginning – BE - 0%-59%

**DESCRIPTION** This course provides students with an overview of group sports. Students learn about a variety of sports, and an indepth study of soccer of basketball. Students learn not only the history, rules, and guidelines of each sport, but practice

specific skills related to each sport. Students also learn about game strategy and the benefits of sports. In addition,

students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and

post-fitness assessment, as well as participate in regular weekly physical activity.

12 weeks of exercise at 3 hours per week is required for this course. All fitness logs require at least ONE form of

verification, which can be provided by a supervising adult.

Students will also be required to participate in and report on some specific individual sports, such as walking, yoga, and

dance.

**ESSENTIAL LEARNINGS:** Analyze their fitness assessment and learning how to set appropriate goals.

- Learn more about staying safe and avoiding injuries while exercising.
- Learn more about exercise safety and proper technique.

- Be introduced to a variety of individual sports.
- Learn the benefits and techniques involved with walking and hiking as well as running and racing.
- Be introduced to various types of dance.
- Be introduced to the history, technique, and benefits involved with yoga

**INSTRUCTIONAL MATERIALS NEEDED:** Internet access, computer, printer, printer paper and ink, modern OS/software/web browser, headphones with microphone, webcam

## **SYLLABUS**

### **ALE COURSE OBJECTIVES**

Analyze their fitness assessment and learning how to set appropriate goals.

- Learn more about staying safe and avoiding injuries while exercising.
- Learn more about exercise safety and proper technique.
- Be introduced to a variety of individual sports.
- Learn the benefits and techniques involved with walking and hiking as well as running and racing.
- Be introduced to various types of dance.
- Be introduced to the history, technique, and benefits involved with yoga

### **ALE COURSE STANDARDS**

<https://www.fwps.org/cms/lib/WA01919399/Centricity/Domain/796/Physical%20Education%206-8.pdf>

### **LEARNING REQUIREMENTS**

Monthly Progress Review: State law also requires enrolledscholars to maintain monthly forward progress towardcompleting classes with success. Scholars are expected tocomplete one monthly module of at-standard work or havecompleted the teacher-prescribed plan as assigned by thecertificated teacher of that course. If the assigned at-standardwork is submitted, the scholar will be considered having madeSatisfactory Progress. If the assigned work is not submittedand/or is not at standard, the scholar will be considered havingmade Unsatisfactory Progress.An overall Monthly Progress Review (MPR) score will beprepared in the ALE App and notification that they are ready tobe viewed will be emailed to every family once a month by theAdvisory/Homeroom teacher to communicate overall progresstowards mastery and passing of the courses.Scholars are either making Satisfactory Progress orUnsatisfactory Progress. If a scholar is considered having madeSatisfactory progress (by the individual teachers in individualcourses) in 50% or more of their courses, they will beconsidered having made Satisfactory progress overall. If ascholar is considered having made Unsatisfactory progress (bythe individual teachers in individual courses) in more than 50%of their courses they will be considered having madeUnsatisfactory Progress overall. If a scholar is determined tohave made Unsatisfactory Progress for consecutive months, theAdvisory/Homeroom teacher will include

escalating intervention plans each month in the Monthly Progress Review. If a scholar reaches 3 months of Unsatisfactory Progress they may be withdrawn by the administration.

## **ACADEMIC GOALS**

### **ALE COURSE**

#### **LEARNING ACTIVITIES**

Activities., Discussion., Skill Drills., Performances

## **EVALUATION**

### **ALE Course Evaluation Methods:**

**Weekly Work Completion:** Scholars will submit original work in all classes each week. **Original Work**

**Submissions:** Scholars will only submit their original work. If a scholar uses outside sources in the creation of their original work, citations must be present in the format requested by their teacher.

**Weekly Communication:** Scholars will communicate weekly with their teachers

regarding their academic progress. **Functioning Technology/Required Materials:** Scholars will always have constant and consistent access to the functioning hardware, software, technology, and required materials necessary to complete their coursework in all classes. **Academic Integrity:** Academic integrity is essential to learning. Scholars are expected to complete their own work.

Copying, plagiarizing, cheating, or other methods of intentional deception are prohibited and could result in the scholar's removal from the class or iA entirely.

**IA Policy 1st Offense:** The scholar will be contacted by the teacher via phone call, the scholar will be made aware of the plagiarism and examples of how this can be avoided will be discussed. Direct instruction on plagiarism will be delivered by the teacher. iA Administration and other teachers will be made aware of the plagiarism.

The work must be redone without plagiarism. **2nd Offense:** The scholar and parents will be contacted by the teacher directly and the scholar will have to complete the plagiarized assignment without plagiarism before moving on in the course. iA Administration will be made aware.

**3rd Offense:** The scholar will be withdrawn from the course or iA depending on the severity and/or frequency of the plagiarism. **WAC (Weekly Academic Contact):** State regulations requires scholars in online programs to have weekly academic contact with each teacher. This occurs by engaging with the curriculum and online instruction, submitting assignments to make progress in learning, and successfully completing courses. Scholars have multiple opportunities and methods to achieve weekly academic contact and receive teacher assistance and feedback: email, message, live online sessions, assignments, phone, and/or face-to-face meetings by appointment when applicable and in accordance with social distancing guidelines. In accordance with new state law the iA Weekly Academic Contact policies are changing. To ensure the success of all iA scholars, Weekly Academic Contact is required to remain enrolled at iA. **1st week missed WAC=** Notification of missed WAC that informs scholars and parents of the consequences of additional missed WAC. **(Step 1)** **2nd consecutive or 3rd cumulative week of missed WAC=** The scholar and parent must conference with a designee to discuss the missed contact, administer a " screener ", and develop a data-based interventions plan. **(Step 2)** **5th consecutive OR 6 cumulative of missed WAC=** BECCA petition will be filed. **(Step 3)**

## **TIMELINES**

- OCTOBER** Complete all lessons and assignments in the October module on your "modules" page in Canvas.
- NOVEMBER** Complete all lessons and assignments in the November module on your "modules" page in Canvas.
- DECEMBER** Complete all lessons and assignments in the December module on your "modules" page in Canvas.
- JANUARY** Complete all lessons and assignments in the January module on your "modules" page in Canvas.
- FEBRUARY** Complete all lessons and assignments in the February module on your "modules" page in Canvas.
- MARCH** Complete all lessons and assignments in the March module on your "modules" page in Canvas.
- APRIL** Complete all lessons and assignments in the April module on your "modules" page in Canvas.
- MAY** Complete all lessons and assignments in the May module on your "modules" page in Canvas.
- JUNE** Complete all lessons and assignments in the June module on your "modules" page in Canvas.