

Physical Education 8- Health Opportunities through Physical Education

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8th Grade

COURSE GOALS/OBJECTIVES/STANDARDS:

The Physical Education Standards focus on the development of a physically educated person, emphasizing the development of movement, balance, physical activity and fitness, and positive attitudes for all students. Teamwork and cooperation is a keystone to today's society and professional development. The students will acquire competency in many movement forms and show proficiency in a few applying concepts and attitudes to performance. The Florida Sunshine Standards and the Diocese of Pensacola-Tallahassee are followed through the course curriculum.

In relation to the H.O.P.E class, a book study(Glencoe Health,2017, McGraw Hill) in addition to current information and trends related to health, wellness, social factors, and revelations in today's medical field will be addressed and discussed in a classroom setting.

With a focus on health and fitness, this course will guide/encourage students to be active and healthy now and for a lifetime. Effective strategies and techniques are a foundation of the course so that students can continually make improvements in all areas of wellness.

Leading a healthy lifestyle is the best way to prevent health problems before they occur—this course helps students do just that.

Topics from the class guidelines include:

- Mental and Emotional Health
- Managing Stress
- Skills for healthy family and peer relationships
- Nutrition
- Growth and development
- Drugs and effects on health

Expectations:

Students strive to become well educated citizens who appreciate the importance of exercise, understand how to achieve health related fitness, and have developed sufficient skills to enjoy participating in lifetime sports and other physical activities. Physical education performs a unique function in the curriculum by providing a safe environment where students are exposed to many opportunities to develop their skills. Because the interests and abilities of students vary, offerings in physical education must be diversified enough to meet the individual needs of the students. The ultimate goal of quality physical education is to prepare and motivate all students to engage in daily lifelong physical activities that promote health and wellbeing. Our students will be largely required throughout the year to work as a team member or in a team setting. We feel this is an invaluable asset for future growth both in school and also professional development and settings. Through working together, friendships and a “family” vibe can be created only to further enrich your child’s middle school experience.

H.O.P.E. offers the chance for the students to learn, discuss, and question the problems and solutions our current society face daily through the comfort of Christian value based instruction. While also incorporating the techniques towards a healthy wellbeing during regular P.E classes and beyond for maximum gain in the students overall health

Grading:

Students will earn normally a grade up to 10 points, every time they come to class fully engaged and challenging oneself. The grade can change if they are not “in sync” which can drop them throughout class. This grade can quickly climb if the student engages the rest of class wholeheartedly, but may never regain full credit due to the initial fact of not being prepared for class and focused. Various degrees of change from 10 points can occur if the student is off task or unwilling to join in on today’s activities, or poor judgment and sportsmanship is displayed as well. Other possible grades for skills’ tests or quizzes will range from 10-15 points respectively.

H.O.P.E. Classwork will encompass both homework and both test and quiz grades.

Tests and quizzes will range from 30 to 100 points each.

Homework=from 5 to 10 points depending on extent

Projects= from 50-100

Supplies: Notebook/composition book for notes and related materials , a folder for any handouts

Google Classroom: My page will be invaluable to all virtual learners throughout the school year, while being a helpful resource and reminder for those that attend school daily.

PowerSchool: Grades will be posted regularly and are both the Parents and Students responsibility to monitor. Any questions regarding grades can be addressed via email or phone when time permits. Questions regarding PowerSchool access can be answered by front office personnel.

AI Policy: Students will not use AI during the H.O.P.E. class