

Health/PE
Spring 2023
M, W 9:30-10:55
Mrs. Amy Horn
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This course is designed to provide information needed to make important decisions about health, wellness, and individual lifestyle. Topics related to health such as personal health and wellness, social and emotional health, safety, nutrition and physical activity, alcohol/tobacco/other drugs, HIV and STI's Prevention, and sexuality education will be discussed. If you or your guardians have questions about this topic, please reach out to Ms. Amy. Emphasis will be placed on the student's acquiring knowledge and assuming responsibility for one's own health. Holistic health will be emphasized.

The overall goal of this course is for students to learn about a wide variety of health topics and be able to make positive health decisions for themselves, in the future, based on the information that is presented/discovered throughout the course. Brain health will be a focus.

Course Description

The goal of health education is the development of health literacy in all students. The four unifying ideas of health literacy, emphasized throughout the health curriculum are:

- Acceptance of personal responsibility, including responsibility for personal lifelong health, acceptance of the idea that the individual has some control over health, and incorporation of health-related knowledge into everyday behavior.
- Respect for the promotion of the health of others, including an understanding and acceptance of the influence of behavior on the health and well being of others, of people on the environment, and of the environment on the health of groups and individuals.
- An understanding of the process of growth and development, including the importance of both universal and individual aspects of physical, mental, emotional, and social growth and development.
- Informed use of health-related information, products and services, including the ability to select and use health related information, products, and services carefully and wisely.

Your health/PE course this semester will draw from the following Health Education Standards:

Standard #1 - Personal Health
Standard #2 - Nutrition

- Standard #3 - Individual Growth and Development
- Standard #4 - Family Living
- Standard #5 - Alcohol, Tobacco and Other Drugs
- Standard #6 - Communicable and Chronic Disease
- Standard #7 - Consumer and Community Health
- Standard #8 - Injury Prevention and Safety
- Standard #9 - Environmental Health

Physical Education Standards:

Standard 1: Competency in a variety of motor skills and movement patterns. (Psychomotor Domain)

Standard 2: demonstrates knowledge of concepts, principles, strategies and tactics related to movement and performance. (Cognitive Domain)

Standard 3: individual achieves and maintains a health-enhancing level of physical activity and fitness. (Psychomotor Domain)

Standard 4: exhibits responsible personal and social behavior that respects self and others in physical activity settings. (Affective Domain)

Standard 5: demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression, and/or social interaction. (Affective Domain)

Class Materials

1. Notebook
2. Pencil/pen

Classroom Expectations:

1. Be prompt and prepared – When class begins at 9:30, be in your seat a few minutes before 9:30 and prepared to work. Bring your materials with you everyday.
2. Be polite – please respect everyone’s privacy, space, and opinion and we will do the same for you.
3. Character counts. Manners are expected in this classroom, including trustworthiness, respect, responsibility, fairness, citizenship, and caring. Foul language will not be tolerated. No cell phones allowed. They are to be off and in your locker.
4. You may have a healthy snack in the classroom, including whole foods, water, decaffeinated tea, bubbly water. All drinks are to be in an opaque, clear container and have a top.
5. Attendance - students who are often absent will find it difficult to pass this class.
6. It is your responsibility to check with the teacher or check with your classmates regarding work that you’ve missed.
7. Cheating/Plagiarism will not be tolerated. The consequence will be failure of the assignment.

Class work/Homework/Grading

1. All assignments must be neat and legible, including name on the assignment
2. Students are expected to turn in things on time. Only things that are cleared with the teacher before the assigned date can be turned in late. Points will be deducted for items more than a week late. Ten points per day will be deducted per day after the week grace period..
3. Points are given for each COMPLETED assignment. Those points are cumulatively added during the semester to give you a percentage, which is equivalent to a letter grade.
90% to 100%=A
80% to 89% =B
70% to 79% =C
60% to 69% =D
0% to 59% =F
4. Assignments include: daily class work and notes, journals, homework, projects, podcast reflections, quizzes, participation grade and exams.

Absence Policy

Upon returning from an absence it is your responsibility to get the notes and assignments that you missed and turn them into the teacher the next day. You may either ask your neighbor or look in the assignment folder which is updated daily!

If you have any questions or concerns about the Human Sexuality Unit, please contact me directly at a.horn@lowcomo.com

Cut Here

Have your parent sign and return the bottom portion for your first grade.

Name _____

I have read the above and understand the expectations of the class.

By signing this I am giving my permission for my child to participate in the human sexuality unit.

Student signature

Parent signature

