Wellness Course Syllabus

Ms. Jasper, Mr. Lowe

**Course Description**

This is a course that addresses many aspects of a teen’s well-being, including those that have a potential impact on his/her mental, physical, emotional, or social well-being. It is comprised of two equal but distinct portions: one portion is physical education and takes place either in the gymnasium or outdoors, while the other portion of the course addresses health issues and takes place in the classroom. This course will emphasize the NASPE Four Components of a high-quality physical education program, which will include:

* Opportunity to learn
* Meaningful content
* Appropriate instruction
* Student and Program assessment

**Tentative Physical Education Topics**

* Invasion Games-Hockey, Handball, Speedball, Basketball
* Net Games- Tennis, Badminton, Pickle ball. Volleyball
* Weight room
* Cooperative Games

**Tentative Health Topics -**

* Stress/Anxiety/Depression/Suicide
  + Mental Health/Social and Emotional Health
* Nutrition- basics of nutrition, dietary analysis   (www.mypyramidtracker.gov)
* Substance Abuse- Alcohol, alcohol poisoning, drugs of abuse - prescription, over-the-counter, and illegal drugs
* Relationships -friendships and dating relationships; components of various kinds         of love relationships; signs of healthy vs. unhealthy relationships; cycle of   violence in dating relationships (www.loveisrespect.org)
* Sexuality Education - reproductive anatomy, abstinence; Sexually Transmitted Diseases (STD’s), HIV/AIDS, condom education

**General Rules and Expectations:**

* Students will participate regularly in physical activity
* Students will achieve and maintain a health-enhancing level of physical fitness
* Students will have 10 mins after the final bell to get changed and get to their class meeting area
* Students will not leave the activity area (i.e. gym, field, locker room, weight room etc) unless they have teacher permission
* **There will be NO use of CELLPHONES during physical education class, or in the locker rooms. Students who use their phones during this time will have to hand their property in to the teacher**
* Students who fail to participate four times will receive a F(59) for that Quarter.
* Students will be required to wear proper athletic footwear to participate

**Grading**

* Daily Particiation/ Effort- 50%
* Tests/Quizzes/Assignments- 25%
* Preparation for class- 25%

**WHS Plagiarism Policy per student handbook**

Any student who cheats/plagiarizes on an examination, or any other assignment, shall

receive a zero, and may not make-up such work.

**Vision of the Graduate**

Winthrop High School strives to ensure its graduates are able to become productive citizens of their town, their state, and their nation. To do this, the school in 2011 embraced the following learning objectives, on which students are evaluated quarterly. Taken together, they express a community vision for what we want our graduates to be, know, and do.

WHS Students will become…

***Critical Thinkers***

·      They will use, apply, and evaluate multiple problem-solving strategies in a variety of

                disciplines.

·      They will be able to select, organize, and evaluate new ideas.

·      They will demonstrate the ability to actively and critically read.

·      They will develop the skills and acquire the knowledge necessary to prepare them for college and career success

·      They will be able to set priorities, and manage their time and tasks.

***Effective Communicators***

·      They will communicate ideas and information with clarity and with an understanding

     of their audience.

·      They will integrate and use a variety of communication forms.

·      They will listen effectively and respond appropriately to spoken communication.

·      They will master standard English-language conventions.

***Conscientious Citizens***

·      They will be aware of, and follow, their community’s rules and laws

·      They will respect themselves and the community at large.

·      They will be aware of and respect social and cultural diversity.

·      They will understand, promote, and show the importance of hard work to achieve

      success.

·      They will own their mistakes, and will learn from them.

***Creative Achievers***

·      They will show curiosity and enthusiasm in everything they do.

·      They will work and think originally.

·      They will appreciate the arts in their many forms.

·      They will select, organize, and develop innovative ideas.

·      They will build off the ideas of others.