

**8th Grade Wellness**

**Health + Physical Education = Wellness**

This Wellness Program provides information that influences students to take positive action regarding their own health.

Students will learn that good health habits prevent illness.

Students will learn that good health habits improve:

* the way they look and feel
* performance in school, sports, work
* the way they interact with others

Wellness allows people to be at their very best. Wellness is simply a way of living each day that includes choices and decisions based on healthy attitudes.

**TOPICS TO BE COVERED IN HEALTH CLASS:**

* *Your Growth and Development*
* *Reaching Your Fitness Goals*
* *Eating Healthy*
* *Eating Well*
* *Tobacco-Alcohol-Drugs and your Health*.

Students will be graded on quizzes/tests, worksheets, projects and classroom participation.

**15 total points daily for Wellness**

|  |  |
| --- | --- |
| 5 Points | Being prepared for class. They will need a pencil for class. |
| 5 Points | Active Participation |
| 5 Points | Following classroom rules |

Wellness grades will also be given on an individual project basis. Each project that we do will have a point value assessed to it. A rubric for grading will accompany each assignment.

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**PHYSICAL EDUCATION:**

Physical Education is designed for students to engage in physical activities that are developmentally and individually appropriate *AND* support achievement of personal fitness and activity goals.

Students are required to change for PE.

**PROPER ATTIRE FOR Physical Education class:**

* T-shirts- must have **SLEEVES**
* Shorts- must be below fingertips with arms down by your side
* Sweats- sweat shirts or sweat pants
* Socks
* Sneakers

If it can’t be worn for school, it can’t be worn in PE. *(Examples: cut off t-shirt, short shorts, tank tops, yoga pants, volleyball tights)*

* Inappropriate clothing will result in being asked to change and student will receive a 0 for the day.
* Students are given time at the beginning and end of class to go to the locker room in order to change clothes.

The locker rooms have large and small lockers. The large lockers are for the students participating in MS/HS Athletics. The small lockers are available for all other students to use. Locks are provided. If the lock is damaged or stolen, please report it to the teacher immediately. If not, locks are collected at the end of the semester. If your lock is missing, you will be responsible for payment for a new lock.

**15 total points daily for Physical Education**

|  |  |
| --- | --- |
| 5 Points | Changing for class- Must have sneakers, shorts/sweats, t-shirt/sweatshirt |
| 5 Points | Walking 5 minutes/warm up activity |
| 5 Points | Participation – must be **active** to receive all 5 points |

**Classroom Rules:**

**Be Prompt** = Please be in cafeteria or turning the corner when the bell rings.

**Be Polite** = Treat others the way in which you wish to be treated.

**Be Positive** = Attitude will dictate what kind of day you are going to have. Positive actions will result in positive results.

**Be Responsible** = Fannett-Metal is not responsible for anything that is taken from the locker rooms. Please lock your things in your locker.

**No Profanity** = Please control your language at all times.

**Be Prepared** = **for wellness class** - have pencil, notebook, etc. **For PE class** - have change of clothes. **ONLY SNEAKERS/TENNIS SHOES** will be allowed on the gym floor.

**NO CELL PHONES**= If your phone is visible in class, it will be taken.

If you have any questions or concerns about this topic, or anything that you do not understand, please contact me at:

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