

7th/8th Grade Physical Education and Health Syllabus

Instructor: Andrea Schacht

E-mail: aschacht@forsyth.k12.mt.us

Phone: (406)346-2796

Course Description:

Health and Physical Education is a vital part of a complete education. Students involved in the Health and Physical Education classes will participate in activities that can enhance their academic performance, increase their fitness levels, and benefit classroom behaviors throughout the school day. Increasing health knowledge and developing healthy behaviors in our students helps them become well-rounded individuals. Students will be introduced to, and participate in, activities that will help them remain active through a lifetime. They will learn to set and achieve health related goals and work with others in multiple situations. During the Health portion of the class students will have an opportunity to explore health related topics in detail and learn positive decision making skills.

Physical Activities included but not limited to:

Fitness activities	Cooperative Games	Basketball	Dance
Football	Floor Hockey	Flexibility	Soccer
Frisbee	Bowling	Volleyball	Racquet sports

Health Topics included but not limited to:

Fitness Components	Communication Skills	Body Systems
Stress/Time Management	Mental Wellness/Disorders	Chemical Health
Decision Making	Social Health	

Materials needed for this course:

- You are **REQUIRED** to be prepared for class each day by having a change of clothes, which allows you to function athletically and promotes good hygiene.
- **Failure to dress appropriately will have a negative impact on your grade.**
- Appropriate clothes include: shorts, sweats, t-shirt, sweatshirt, and tennis shoes.
- Binders are required for the days that you are in health class.

Grading (5 points per day)

Points for Health Class depend on the assignment

Attendance and participation are extremely important for PE. Five points are earned each day for being prepared, full participation, positive social interactions/teamwork, and skill development.

Requirements: Student participation is a must. This is an activity-based class therefore students should expect to be active during the class period.