



**Wellness**

**MYP Level 5 Grade 9**

**Course Description**

The content of the course includes seven standards: Disease Prevention and Control, Nutrition, Substance Use and Abuse, Mental/Emotional Health, Sexuality and Family Life, Safety and First Aid, and Personal Fitness. This course is designed to be 50% Health and 50% Physical Education. Students will follow a 2 week rotation schedule between health and physical education. Students are encouraged to understand the importance of a balanced, healthy lifestyle. Students will develop knowledge, critical thinking and reflective skills and sense of responsibility. Students will participate in team and individual sports, which include skills, rules, and game strategy and physical fitness. This overall look at physical activity and physical education will contribute to long term healthy living.

**MYP Fundamental Concepts**

Communication: Students will use communication within many team settings. Students will reflect on activities and experiences through written communication.

Intercultural Awareness: Students will look at various sports through international mindedness and from multiple perspectives.

Holistic Learning: The whole student will be emphasized through the knowledge of physical education concepts, mastery of physical skills and development of attitudes.

**The Learner Profile:**

INQUIRY:Present a final project that demonstrates their inquiry into their own personal health issues as they relate to physical and mental health.

KNOWLEDGE:Students will use training principles and concepts to help them maintain a healthy fitness and lifestyle.

THINKERS:Student will use critical thinking skills daily to make healthy choices for their personal health and wellbeing.

COMMUNICATIORS:Student will express ideas both verbally, non verbal and written in-group, pairs and teams.

PRINCIPLED:Students can effectively demonstrate sportsmanship, respect, and fairness both in individual and group collaboration.

OPEN-MINDED:Students could be more open to various cultures through exploration of different perspective and activities.

CARING:They show empathy compassion and respect towards the needs and feelings of others.

RISK-TAKERS:Students will engage in activities that require them to step out of their comfort zone.

BALANCED:They understand the importance of intellectual, physical and emotional balance to achieve personal well-being for themselves and others.

REFLECTIVE:Students will self reflect on their work to strive to their potential in health and physical fitness. Students will use a reflective practice of themselves, their peers and activities on a regular basis.

**MYP AIMS**

The MYP **Areas of Interaction** provides us with lenses through which we study Physical Education. They connect PE with the subject matter in other disciplines, as well as connecting with the world outside our classroom. They promote relevance and rigor in the curriculum by providing a framework for student inquiry, reflection, and action.

**Approaches to Learning:** Organization, collaboration, communication, information literacy, reflection and thinking are skills that are used in PE and across all disciplines. We will use this as a place to make connections across worlds.

**Community and Service:** Students will develop belonging, community awareness and discover something beyond themselves.

**Health and Social Education:** Students will look at how humanity is affected on a range of health issues. We will encourage a new respect for body and mind and how to make informed, responsible health choices.

**Environments**: Students will look at physical activity and healthy choices through a lens of the environment about them and its impact.

**Human Ingenuity**: Students will look at their contribution to the world and good and bad consequences.

**Personal and Social Behavior Standard:** Physical education is an interactive class that involves students working together to promote community. Everyone deserves a chance to succeed and win.

Some examples of this include...........

1. Participating and following class procedures and rules by demonstrating “on-task” behavior with increased independence.

2. Accepting responsibility for ones own actions.

3. Seeking help when appropriate.

4. Cooperating with the teacher to promote learning team building.

5. Develop strategies to resolve conflict in physical setting. (apologize)

6. Demonstrate safety procedures for equipment, and playing conditions.

7. Recognize the contributions that a variety of cultures bring to sport, games.

8. Be inclusive of all students in a physical setting.

9. Demonstrate fair play, honesty in class activities and respect for equipment.

10. Demonstrate success and disappointment, or being a good Sport.

12. Participate willingly in all physical activities.

**MYP Assessment:** Students will be assessed in 4 criteria areas according to MYP guidelines throughout the course. These 4 areas include;

**Criteria A: Knowing and Understanding** (Examples include written tests or quizzes) Criteria A is best assessed through written or oral activities and must be assessed in a non-performance/non-playing situation.

**Criteria B: Planning for Performance** (Example includes a dance or gymnastic composition or routine, written and performed by the student) Criteria B is assessed designing a plan in order to improve performance.

**Criteria C: Applying and Performing** (Examples include performing a sport, activity, or skill related to the topic being taught) Criteria C is assessed in a performance of skill or playing situation observed by teacher.

**Criteria D: Reflecting and Improving Performance** (Examples include communication during play, strategies, respect and support for each other during play and encouragement for one another) Criteria D is assessed by feflecting on their performance and the performance of others.

**Grading Procedures/Evaluation/MYP Assessment:**

Physical education grades are based on a skill level**(Motor Skills Standard)**, knowledge of rules and information necessary to participate in the activity**(Movement Knowledge Standard)**, attitude and cooperation in class, sportsmanship, uniform, attendance.**(Personal and Social Behavior Standard).**

**\*Students can earn up to 100 points for dressing out each week. Each day is worth 33 points totaling 100 points.**

**\*Students can earn up to 100 points for participating each week. Each day is worth 33 points totaling 100 points.**

**Attendance:** Attendance and participation are important parts of the student’s grade. Absence and/or not participating will result in the reduction of the student’s grade. It is the **student’s** responsibility to make up any work he or she missed and to check and see what went on while he or she was absent. **If the student is absent during gym time, they must submit a written assignment to receive credit for their participation and dressing out grade. if the student has a medical issue, a doctor's note is required.**

**Dress Code for Wellness (in gym)**

During the physical education portion of Wellness, students are required to dress out each day.

**SHIRT:**  **RED** **SMMHS** t-shirt that is included with P.E. fee.

**SHORTS/PANTS:** **Black** athletic shorts(appropriate length) or sweatpants.

**SOCKS/SHOES:** Tennis shoes

**THE SMMHS WELLNESS FEE IS $15.00 AND PART OF THIS FEE COVERS THE COST OF ONE SHIRT. IF YOU HAVE NOT PAID THIS FEE, PLEASE BRING PAYMENT TO CLASS. ADDITIONAL/REPLACEMENT SHIRTS ARE $10. MAKE CHECKS PAYABLE TO: SMMHS. THE STUDENT WILL PROVIDE HIS/HER OWN SHORTS, SOCKS, AND SHOES.**

**Guest Speakers**

Breast Cancer/ Mary Ellen Locher Foundation (one day)

On Point-Direction for Life (2 weeks)

Tennessee Donor Services (one day)

If you do not wish to have your child participate in any of these, please let me know. All of this information is mandated by the state that we cover in this class. If anyone wants to attend you are welcome.

**BYOD**

It is highly encouraged to Bring Your Own Device to this class. Lots of research, website exploration, and assignments in this class require a device with internet access. While this is not required it would be helpful.

**Grading Policy**

40%- Dressing out and participation. Each day the student will receive 33 points for dressing out and 33 points for participation.

40%- Classroom-Tests (15%), Projects (10%), Daily assignments(15%), Quizzes (10%)

20%- Final Exam (written and physical exam combined)

**Classroom Supplies**

*You will need the following materials for this class:*

* 3 prong folder or small binder
* Loose leaf paper
* Pen or pencil

**LOCKERS**

Each student will be given an opportunity to select a locker in the locker room. They must provide their own combination lock.

**Coach Bell Coach Northcutt**

[bell\_kendra@hcde.org](mailto:bell_kendra@hcde.org) [northcutt\_r@hcde.org](mailto:northcutt_r@hcde.org)

**PLEASE COMPLETE AND RETURN TO YOUR CHILD'S WELLNESS TEACHER**

**-------------------------------------------------------------------------------------------------------------------------**

I have read, understand and agree to abide by the wellness rules and requirements.

Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*This will count as 5 extra credit points on the first test if signed and returned by August 19th.**