Lifetime Wellness

Coach Tony Lambert

**Purpose**

 To provide students the information and skills needed for life-long physical, mental, and social, health.

**Goals**

1. The student will understand what it means to be physically fit.
2. The student will understand how mental health affects their over-all well being.
3. The student will understand the importance of ones social well being.
4. The student will have an understanding of the relationship between proper nutrition and total well being.
5. The student will have an understanding about communicable and non-communicable diseases as related to overall health.
6. The student will have an understanding of the affect of drugs and alcohol on an individual as well as society.
7. The student will have an understanding in first aid procedures.
8. The student will be introduced to the rules and skills of various team sports.
9. The student will have an understanding of how human sexuality affects a person’s life.

Sequential Order of Topics at Teachers Discretion in Coordination with Children’s Center

**Requirements**

1. The student must participate in the physical activities. Failure to do so will result in a loss of 5 pts. from daily gym grade.
2. The student must do all written work in the classroom, as well as participate in group discussion. The written work will consist of daily assignments and chapter tests.
3. The student must follow all rules of handbook and teacher.
4. The final grades will be a composite of the following:

Gym (50%) + Classroom (50%) = 9 wks grade

Semester Test figured into final grade

**Grading Scale**

 Follow School Policy

**Student Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_**