

Bracken County Middle School
6th Grade Health and Physical Education
2008-09 Course Syllabus

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Course Description

6th grade Health/P.E. introduces topics dealing with health and safety hazards, risks associated with unhealthy habits and behaviors, as well as the consequences of risk choices. Lifetime individual and team sports are introduced and reviewed with an emphasis on being physically active.

Comments

The main goal of the class is to introduce health and safety practices, which not only keep you safe, but also prepare you in case an emergency occurs. Also, students are introduced to the risks associated with unhealthy habits and behaviors, as well as consequences (such as disease) associated with those risks. Individual and team sports are introduced and revisited which encourage students to continue being “physically active” outside the classroom.

Course Standards

- Students will understand why precautions can and should be taken to prevent accidents at home, in the car, at school, and when playing or working outdoors.
- Students will identify and apply seven basic safety rules that protect from injury.
- Although natural disasters cannot be prevented, students will learn measures that can be taken to minimize and even prevent some injuries.
- Students will know and practice administration of basic first aid techniques, as well as when to use them.
- Students will analyze unhealthy decisions and predict negative consequences (such as disease) which may ultimately result in death.

Textbook

Holt, Rinehart and Winston, *Decisions for Health*. Harcourt Education Co., 2004

Required Materials

Folder or binder

Loose-leaf paper, college-ruled

Pencil

Classroom Rules & Procedures

- Arrive prepared for class (paper, pencil, book, agenda, and gym clothes)
- Have assignments completed and ready to turn in
- Stay in your seat
- Respect others
- Be recognized before you speak
- Put your name on all assignments

Method of Grade Calculation

Students will be evaluated on class assignments and activities, including but not limited to the following:

- Homework and Class work
- P.E. Journal (physical activity completed in and outside of class)
- Dressing out and participation in class
- Portfolio Entry
- Tests/Quizzes
- Bonus point opportunities (as available; approved by teacher)

Participation & Attendance

Students will be expected to be on time and prepared for class with all necessary materials. Attendance, dressing out (t-shirt, shorts/sweat pants, cotton socks, and gym shoes), and participation is of vital importance as much of the work is done in class. Only students with excused absences will be allowed to make up work. It is the student's responsibility to come to me and get any missed assignments the first day back upon returning to school.

Course Content/Calendar

Health

Course Introduction	1 Week
Unit 1 Health and Your Safety	3 Weeks
Unit 2 Controlling Disease	2 Weeks
Unit 3 Tobacco and Alcohol	2 Weeks
Review and Exam	1 Week

Physical Education

Unit 1 Physical Fitness	2 Weeks
Unit 2 Individual Sports (Tennis/Bowling)	3 Weeks
Unit 3 Team Sports (Hockey, Team Handball, and Volleyball)	3 Weeks
Review	1 Week