

SW MIDDLE SCHOOL HEALTH COURSE OUTLINE

6TH Grade Goals

- # Provide basic knowledge and understanding of general care, common problems, and main parts of the Body Systems. The systems to be covered include the Nervous, Circulatory, Respiratory, Skeletal, Muscular, Digestive, Immune, & Endocrine Systems.
- # Identify and use proper general Hygiene skills.
- # Strategies to improve personal safety.
- # Master basic 1st Aid skills.

7th Grade Goals

- + Understand the importance of being a wise consumer, evaluating the benefits of comparison-shopping, identifying ways to properly handle consumer problems.
- + Practice decision making skills in a control environment and understand the importance of becoming a more responsible adult.
- + Identify the main parts, general care, and identification of common problems of the male and female reproductive systems. Also, we will examine the life cycle and general heredity.
- + Determine factors causing violence and abuse in the U.S.; establish different forms of abuse, some common signs, and local places to receive help.
- + Strategies for stress relief, common causes of stress, identification of common mental and emotional problems, and local sources of help for the identified problems.

8th Grade Goals

- Understand causes, identification, treatment, and prevention of common communicable and non-communicable diseases.
- Identify and discuss the negative effects alcohol, tobacco, and drugs have on the body.
- Determine reasons for alcohol, tobacco, and drug use in teens and establish sample refusal techniques.
- Provide examples of local facilities available to help individuals with substance problems.
- Develop an understanding of the food guide pyramid, the importance of breakfast, properly reading food labels, nutrition in athletics, and identification of common eating disorders.
- Establish the lifelong benefits of exercise, the elements of fitness improved through exercise, and development of a personal fitness plan.

Class Materials (Must be brought to class EVERYDAY)

-  Notebook
-  Folder
-  Writing Utensil

SW MIDDLE SCHOOL HEALTH COURSE OUTLINE

Grading Policy

- ◆ Each assignment, quiz, test, or project will have a specific point value. At the end of the **QUARTER** your grade will be determined based on the result of your graded assignments.

Example

Test Grades = 372 out of 400 Points

Homework Grades = 120 out of 140 Points

Quiz Grades = 236 out of 280 Points

Notebook & Folder Grade = 190 out of 200 Points

Total = 918 out of 1020 Points or an average of **90%**

- ◆ The 90% earned is worth **88%** of your overall average. The remaining **12%** of your average will come from your final exam grade.

Homework Policy

- All homework assignments are to be handed in the day they are due. Students who do not provide homework the day it is due are responsible to make up the assignment on your own time. General reminders will be given to the entire class regarding late assignments. **YOU ARE RESPONSIBLE** to find out what you owe by either talking to me or with a classmate.

Absentee Policy

- Students are expected to make-up any class work done during an absence. It is **YOUR RESPONSIBILITY** to find out what work you missed by either talking with me or with a classmate.
- Previous homework assignments are to be turned in the day you return from an absence. Assignments turned in after the day you return will be considered late & have points deducted.
- Test & Quizzes are made up as soon as possible. I will make arrangements with you, providing an appropriate amount of time for you to prepare. If possible, Tests & Quizzes will be made up during the school day.

Teacher Contact

- ☀ If you need to contact me, my e-mail address is: ksalisbury@swcsk12.org . You also can call the main office at 664-6270 and I will return your phone call as soon as possible.

Web Address

- Ⓜ Go to the school web page (<http://www.swcsk12.org/>) and click on "Teacher Pages" and then find my name (Salisbury, Kevin).
- Ⓜ The web page is a useful tool for students and parents to find information about homework, course requirements, and other announcements.