**Teacher:**Mr. Wilson

**Class: Health**-6th Grade

**Location:**RM 162

**Class Type:**Required for Graduation

**Credit:**½ Credit

**Contact Information**: wilsoan@boe.richmond.k12.ga.us

**Course Description**

Health Education is a required course, which is typically taught within a nine-week time frame. In Health Educations class, students will obtain accurate information; acquire skills and behaviors that promote positive attitudes for making wise decisions related to their personal health. The central theme addresses adolescent risk behaviors that have been identified by the U.S. Centers for Disease Control and Prevention: the acceptance of personal responsibility for lifelong health, respect for and promotion of the health of others, understanding the process of growth and development, and informed use of health-related information, products, and services.

Course topics will include:

* Wellness: Mental, Emotional and Social Health
* Disease Prevention
* Alcohol, Tobacco and Other Drugs
* Nutrition and Safety (Includes Choosing the Best way curriculum)

**Products to Demonstrate Learning**

Demonstration of learning will be through objective exams, activities, self-assessment and activity record sheets, application reinforcement work sheets, reports, notebooks, group projects, oral presentations, and structured discussions.

**Learning Experiences**

* Students in sixth grade generate and choose positive alternatives to risky behaviors.
* They use skills to resist peer pressure and manage stress and anxiety.
* Students are able to relate health choices (e.g., nutritional, physical activity) to alertness, feelings, and performance at school or during physical activity.
* Students exhibit a healthy lifestyle, interpret health information, and promote good health.

**Classroom Expectations**

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| **Classroom Rules** | **Consequences** |
| * No food, drink, or gum (Only water) * No cell phone usage * No disruption of learning * Students must follow ALL rules in the RCSS Student Handbook | * 1st Offense – Verbal Warning * 2nd Offense – Parental Contact * 3rd Offense -Office Referral |

**Learn at Home Expectations**

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| **Online Rules** | **Consequences** |
| * Check your Canvas student page for Learn at Home assignment. * All Learn at Home assignments are due on the day Learn at Home takes place. * If you will not have access to internet, I will provide a paper copy of assignment. | * Assignments not turned in on day of Learn at Home will be considered Late. * It is your responsibility to let teacher know that you need a paper copy of assignment. |

**Health Standards 6th Grade**

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Description: Students will acquire basic personal health concepts that help maintain healthy behaviors and prevent disease. Sixth grade students will identify actions and behaviors to prevent injuries, diseases, and disorders.

HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Description: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Sixth grade students will compare how the family, peers, culture, and media influence personal and family health. Students will review how laws, rules, and regulations influence health promotion and risk reduction.

HE6.3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Description: Students will access valid health information and health-promoting products and services. Sixth grade students will identify and access valid health resources and services that promote healthy living within the school and community.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Description: Students will use effective communication skills to enhance personal, family, and community health. Sixth grade students will use verbal and nonverbal communication skills to develop and maintain healthy personal relationships.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

Description: Students will use decision-making skills to identify, apply, and maintain health-enhancing behaviors. Sixth grade students will evaluate if a behavior is healthy or not and recognize unhealthy behaviors as posing a danger to well-being.

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Description: Students will use goal-setting skills to identify, apply, and maintain health-enhancing behaviors. Sixth grade students will understand and use the specific steps that are necessary to set and achieve both short-term and long-term health goals.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Description: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Sixth grade students will practice health-enhancing behaviors that contribute to a positive quality of life. By accepting responsibility for personal health, students will build a foundation for living a healthy and productive life.

HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.

Description: The students will demonstrate the ability to advocate for personal, family, and community health. Sixth grade students will apply advocacy skills that encourage others to adopt health-enhancing behaviors.

**Course Grade Weights**

* Class Assignments 40%
* Assessments 45%
* Class Participation 15% (This can include discussion questions in Canvas)

\*\*EOC Assessment 20% (given at end of course)

**Classroom Routine**

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| --- |
| **Classroom Days** |
| * Student’s will complete mini-classroom assignment posted in Canvas and or on board. * Student’s will answer questions in full sentences. * Before leaving class student’s will complete a Ticket-Out-Of-The-Door Assignment -Writing/short summary of lesson. |

**Supplies and Materials Needed**

* Paper
* Pen or Pencil
* Folder/Notebook

**Make-up Policy**

Upon a student’s return to school, they will have 5 days to turn in assignments missed during their absences.

**Extra Help**

Student’s needing extra help, will need to setup a time to meet with me after school or schedule an online session.

**Contact Procedure**

The best way to get in touch with me is via my email or Canvas.  I will respond in a timely manner.

[wilsoan@boe.richmond.k12.ga.us](mailto:wilsoan@boe.richmond.k12.ga.us)

**Grading Scale**

A: 90 – 100

B: 80 – 89

C: 75 – 79

D: 70 - 74

F: 0 – 69

Please Sign and **Return Bottom Portion Only**

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Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Print: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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