



# TEFF MIDDLE SCHOOL

Home of the Trojans  
630-213-5535

## HEALTH SYLLABUS 2024-2025

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### HEALTH EDUCATION:



Provides students with the knowledge and skills they need to maintain health and wellness throughout their lifetime. The intent of a comprehensive health education program is to motivate students to improve their health, prevent disease, and avoid or reduce health related risk behaviors. All teaching and learning is focused on student achievement of learning standards. Health literate youth have the ability to maintain and enhance personal health and fitness, create safe environments, and manage personal and community resources. Health education provides real life learning experiences with personal applications of scientifically research-based health knowledge and skills in relevant situations. Health Education creates opportunities and experiences that engage and challenge young people to assess, explore, and question their health, while personalizing, adapting and evaluating their learning.

### Classroom Rules:

- Be on time and in your seat and have your materials ready
- Be respectful and considerate to others
- Bring all required materials to class
- Make sure cell phones are out of sight and put away
- No food or drinks in the classroom, Water bottles are acceptable.
- Show up to class each day – BE PRESENT!

### Canvas/Infinite Campus/Chromebooks:

- Make sure you check weekly IC
- Chromebooks will be needed for class teacher will tell you in advance
- Make sure you check emails daily
- Canvas will have assignments and assessments

### Classroom Policies and Responsibilities:

- Take an active role in your learning process
- Bring materials to class
- Respect property, fellow teacher, guest and teacher
- Work collaboratively with your group
- Make sure there are no writing, and drawings on desk
- Clean up after yourself!

### Academic Integrity:

- Be respectful to peers, instructor, equipment & facility
- Immature behavior will not be tolerated
- Do not ignore rules & procedures
- Give an honest effort during all activities
- Be respectful to all abilities
- Take notes when needed – WRITE IT DOWN!
- Keep handouts and necessary paperwork in a designated spot – STAY ORGANIZED!
- Do all assignments, projects, etc. and turn them in on time – COME PREPARED!

### Restroom Procedures:

- Restroom usage needs to be taken care of prior to getting to assigned seats.
- No restrooms will be used 1st 5min, during instruction and the last 5min of class.

### Attendance Location:

- Must be in attendance seats prior to the bell.
- Make sure you are ready, reading the agenda and bell ringer
- There will be no gathering near the door after the 5min bell, stay in your assigned location.

### Press the button and reset yourself:

- (Otherwise known as let go and move on). This means that students come to class and leave all negative emotions at the door. Today is a new day, make the most of it.
- This allows you to be present in class.

### PERSONAL ITEMS:

We believe that while each student may have a need to have their cell phone or other electronic device at school, we firmly believe that those items should not be brought into the gym during our class time. Those devices are better left locked up in your child's locker which is found in their designated hall. Please do not bring cell phones, I-pods, MP3 players, or other devices that might be easily stolen. Also, please do not bring large amounts of cash into the gym that might be easily taken. Protect yourself and be smart about what you have with you!!

## **CONFLICT RESOLUTION PROCEDURES**

ROCK/PAPER/SCISSORS FOR THE FOLLOWING SITUATIONS: 1. To see who gets the ball first at the beginning of the game/match 2. If the game is a tie and a team needs to move to the next court 3. To decide who wears the pinnies 4. Disagreements in interpretation of the rules to game 5. Other situations needing a decision \*\*\*If after trying the above, there are still issues see your teacher

## **GUIDELINES FOR WORKING WITH A GROUP**

1. Respect everyone's feelings 2. Use each others' strengths, not weaknesses 3. Be a part of the group in some way 4. Give positive feedback when someone does well 5. Compete to improve your group, not necessarily against other groups 6. Safety --always spot when someone is not touching the floor 7. Anticipate unsafe situations 8. Try everyone's suggestions and then formulate/try what will best fit your group.

## **TEST CORRECTIONS/RETAKES**

Students will have the opportunity to retake their summative assessments only once. To qualify for a retake, students will be expected to communicate with their teacher, have all classwork and homework assignments for the unit completed before the day of the summative, complete summative corrections, write a personal reflection, and receive additional instruction of the current unit if the teacher decides that it is needed. Any retake that the student wants to complete must be done before the summative for the next unit. The grade received on the retake will be the final grade for that unit.

## **INSTRUCTIONAL METHODS:**

- Teacher directed – what to do and how to do it.
- Practice – Teacher demonstrates, and teacher leads, but students have some decision on what to practice. Example: Partner or group activities
- Reciprocal – Teacher demonstrates, student works with a partner and gives feedback on partner's performance. Gives students more decision- making opportunities.
- Guided Discovery – Teach tasks at hand but allow students to come up with a single outcome.
- Problem Solving – Ability to find an appropriate outcome for assigned team or individual tasks. Exploration – Mostly student centered, students can move freely while staying within safety limits.

## **STANDARDS BASED GRADING EXPLANATION:**

Student grades will be determined by both formative and summative assessments. All assessments are based on a 0-4 point proficiency scale.

**0 = No Evidence:** There is no evidence of learning either through incorrect information or incomplete/missing work.

**1 = Below Basic:** Student does not yet demonstrate an understanding of concepts, skills and processes taught and needs consistent support. There are gaps in knowledge and unreliable comprehension skills.

**2 = Basic:** Students are beginning to demonstrate an understanding of concepts, skills and processes taught. Is able to demonstrate basic recall and understanding.

**3 = Proficient:** Students consistently demonstrate an understanding, application and analysis of concepts, skills and processes taught.

**4 = Mastery:** Students demonstrate an in-depth understanding of concepts, skills and processes taught and exceed the required performance. Can apply their knowledge and skills to new or related situations or scenarios.

## **What is Comprehensive Health Education?**

Health Education provides students with the knowledge and skills they need to be healthy throughout their lifetime. The intent of a comprehensive health education program is to motivate students to maintain and improve their health, prevent disease, and avoid or reduce health related risk behaviors.

## **Group Activity:**

• You will work with groups of students. You will rotate groups for every unit of study. • Group Roles: 1. Spokesperson: Shares the group's ideas with the class. Present information. 2. Recorder: Writes down the ideas generated in the small group. Keeps records. Tracks attendance. 3. Manager: Cleans the group's area before leaving. Pick up the floor, straighten and cleans desks, turn lights on/off. 4. Collector: Gather the materials the small group needs. Returns all materials.