HEALTHFUL LIVING *(Health Portion)*

 Welcome to Healthful Living. I hope that we can better ourselves as we journey through the next few months together. I look forward to getting to know each and every one of you and I hope that we can all establish positive relationships amongst each other over the course of the semester. I believe that you will learn throughout the quarter through a wide variety of activities, that all areas of Health are important. I will assist you in finding numerous tools to living a healthy and happy life. Through material retention and personal reflection, we can learn and enjoy our time together.



**Rules**

-Respect your classmates and your teacher at all times.

-Bring all necessary materials with you every day.

-Do not abuse or misuse any personal or school property.

-No cell phones, or other electronics, will be allowed… unless teacher designates it as an educational opportunity

-No food or drinks are allowed in the class; bottled water is permitted.

 **Health Grading**

50% Tests 10% Quizzes

15% Papers/Projects 15% Classwork

5% Articles/Scenarios 5% Notebook check

**Semester Overview**

40% - Health 40% - P.E.

20% - Final Exam (an exam will be given at the end of each quarter, each accounting for half

 of the total exam grade)

 H E A L T H L O G I S T I C S

 **UNIT**

1. A Healthy Foundation
2. Nutrition
3. Fitness + First Aid/Injury Prevention/Body systems
4. Medicinal Drugs + Tobacco + Alcohol + Illegal Drugs

5. Mental + Emotional Health

6. Suicide Prevention

7. Reproductive Health + Safety

**Notebook**

 Each student is required to keep a Health notebook/3-ring binder. All materials issued in, and relating to, the class must be kept within at all times. A notebook check will occur. Your notebook credit will come from the following items being present: Vocabulary words – \*Journal entries (two per week) – Notes/Handouts/Worksheets/etc.

**Journal**

 You will be required to respond to two cues presented by your teacher. The norm will be for the first cue to be given on Tuesday and the second on Thursday. Each entry must be a minimum of five sentences. The entries will either be a personal reflection on the unit or a response to an inspirational piece.

**Scenarios/Current events**

 Each student will participate in two scenario sessions, and two current event analysis sessions. Every other Friday will be the norm for these group activities. The teacher will issue materials to guide group discussion/evaluation/presentation. Roles and expectations will be outlined and each group will report to the class as a whole.

**Vocabulary/Quizzes**

 Every Health class period will begin with two new vocabulary words presented by the teacher. Each student must have their notebook in front of them, copying the words and definitions. A matching quiz will be issued every twenty words. You will have a total of four non-cumulative quizzes for the quarter.

**Papers/Projects**

 Each student will be required to create a Wellness plan catered to their own personal attributes. We will also include other and./group projects throughout the quarter. (Mental disorders + illicit drugs)

**Tests**

 Each unit will conclude with a written test, consisting of 40-50 questions. Multiple choice, matching, and true/false, will be used heavily.

**Participation**

 Every student is expected to be actively engaged on a daily basis. Participation in discussions, active involvement with “bell-ringer” activities and individual effort will be monitored. SMART lunch will allow for make-up + extra credit.