**HEALTHY LIFESTYLES**

**7TH GRADE**

**SLCSE 2017-18**

Mr. Paul Szugye Room 1116

SLCSE (801)-578-8226

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**Healthy Lifestyles 7th Grade - Class Description / Goals and Objectives**

This class combines two Utah State Office of Education Required classes, Heath Education and Physical Education for into one year long glass we call Healthy Lifestyles. This class is for all SLCSE 7th Graders. The major goals and objectives for students will be:

**Health**

* Learning to “Do the Right Thing” and “To Do Our Best Work”, **Moral and Performance Character** attributes.
* Learning and Practicing the **8 Strengths of Character** (Smart and Good High Schools Report)
* Demonstrate knowledge, skills, and strategies related to **mental and emotional health** to enhance self-concept and relationships with others. Focus on **SLCSE Mission Statement** and **Skills for Success**.
* Use **nutrition and fitness** information, skills, and strategies to enhance health.
* Demonstrate **health-promoting and risk-reducing behaviors** to prevent substance abuse
* Demonstrate the ability to apply **prevention and intervention knowledge, skills, and processes** to promote safety in the home, school, and community.
* Understand and summarize concepts related to **health promotion and the prevention of communicable and non-communicable diseases.**
* Demonstrate knowledge of **human development, social skills, and strategies** that encourage healthy relationships and healthy growth throughout life.

**Physical Education**

* Demonstrate competency in **motor skills and movement patterns** needed to perform a variety of physical activities.
* Demonstrate understanding of **movement, fitness and nutrition concepts, principles, and strategies**.
* Explain **training principles** and how they impact physical fitness.

**Students will be expected to dress with proper footwear and clothing appropriate for the activity we are participating in, including long pants and closed toed shoes. Instruction will be given and timely notice will be given for each activity. (Some students keep a pair of sweats and gym shoes in their lockers.)**

* Understand the relationship between **proper nutrition** and personal health and fitness.
* Participatingregularly in **physical activity.**
* Achieve and maintain a **health-enhancing level of physical fitness.**
* Exhibit **responsible personal and social behavior** that respects self and others in physical activity settings.
* **Value physical activity** for health, enjoyment, challenge, self-expression, and/or social interaction.

Additionally, students will learn team building skills and communication techniques as they develop skills and knowledge necessary to live a Healthy Lifestyle. SLCSE is fortunate to have our own Bike Shop & Mtn. Bicycles, Climbing Gym.

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Course Materials

General School Policies can be viewed on the Students/School Policies link at the SCLSE website at http://www.slcse.org

This course will use no specific text but we will reference many guide books, DVD videos, and trade magazines as well as the internet and media news for current events in our instruction and learning.

**Course Requirements**

* Students are expected to attend school regularly, be on time, and come prepared to learn. Make-up assignments will be provided to students who have excused absences and *request a make-up assignment from the instructor within 2 days of when they return to school (or preferably, notify the instructor before the absence.)*
* Class assignments will include many opportunities for parental and family interaction at home, as well as participation in class field trips. Take home worksheets and in class written assignments will be used as well as individual and group student presentations allowing students to teach fellow classmates’ specific knowledge and skills that they have learned.
* We will always operate in a safe environment, both emotionally and physically. “Challenge by Choice” will be implemented with physical activities and will allow students to apply their own limits and expectations within a safe threshold.
* Course equipment will be used properly, be well maintained, and be put in its proper place at the conclusion of each class.

**Classroom Rules**

* Class will start promptly when the bell rings, students will be expected to be in their seats or in the instructional area

and be ready to learn.

* All language will be respectful and vulgar or crude talk will not be tolerated. *Respect and Kindness* will be expected and encouraged.

**Academic Grade**

\*Based on total Points (%)

 A = 90 - 100%

 B = 80 - 89%

 C = 70 - 79%

 D = 60 - 69%

 F = 59% or less

**Grading Procedures**

Assignments and grading will be a combination of written assignments, class projects, take home activities, and skill assessments. Each graded activity will be explained and points given will be detailed. Skill achievement will not be graded but participation and student effort be included in the final grades. Individual weekly grades for behavior and class participation will be totaled and added to final grades.

Grades may suffer as a result of missed assignments or non-participation. Extra credit (one week min. lead time) will be allowed and will be determined on an individual basis, but will generally be an assignment relating to the current course topic. Class presentations and topic research are typical assignments for extra credit.

Notification will be made through Power School, phone calls or e-mail if a student is exhibiting poor behavior or attitude problems, or is receiving failing grades. An e-mail address book will be developed to inform parents and students of important information, course schedules, and activities.

**Feedback**

I look forward to working with parents and students this year and would like to discuss questions and concerns with you. **I am also very interested in having parents participate in class activities and field trips.** Please contact me by phone or e-mail if you have any concerns or are interested in volunteering with your student’s class.

(Detach and return bottom portion)

**Thank you and welcome to the Salt Lake Center for Science Education,**

**your best choice for your children’s education!**

We have read and understand the rules and policies of Mr. Szugye’s Healthy Lifestyles 7th class.

Student name (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Parent or Guardian Signature* *Telephone number & e-mail address*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent / Chaperone Request**

As a parent or guardian, I am interested in volunteering in my child’s class \_\_\_\_\_ sharing knowledge and skills, \_\_\_\_\_\_ helping with field trips, and/or \_\_\_\_\_\_\_\_ attending camping trips. (Check all areas you are interested in.)

*Student Signature*

**MEDICAL!!** Please inform me of any allergies or medical conditions your student has that I should be made aware of.

(List any conditions here)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_