



# Bristow Middle School Wellness Guide 2011 – 2012



## Welcome to Wellness

We are very excited to offer health and physical education as one program where students will be able to connect concepts that will enhance a healthy lifestyle.

## Grading

The Wellness grade will include both health and physical education units. The grading policies for each are as follows.

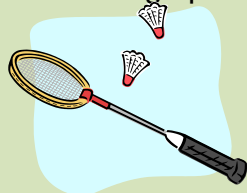
### Physical Education

Physical Education units will be a collection of 300 total points. Each student will start with 100 points for Physical Activity and Responsible Behavior for each unit. If they do not meet one or more of the expectations on a given day they will lose 5 points from the total. They will also be graded on a chose skill and concept in each unit. These will be worth 50 points each. Opportunities to improve measured outcome will be provided.

<p><b>Physical Activity = 100 Points</b> Expectations</p> <ul style="list-style-type: none"> <li>• Active physical participation</li> <li>• Makes safe decisions</li> <li>• Engaged mentally (awareness/communication)</li> <li>• Demonstrates proper form during dynamic warm-up</li> </ul>	<p><b>Responsible Behavior = 100 Points</b> Expectations</p> <ul style="list-style-type: none"> <li>• Prepared with appropriate attire for P.E.</li> <li>• On time</li> <li>• Listens to and follows directions</li> <li>• Demonstrates positive attitude</li> <li>• Works cooperatively with others</li> </ul>
<b>Concept = 50 Points/Unit</b>	<b>Skill = 50 Points/Unit</b>

### Health

Health units will collect 300 points including some or all of the following class/homework assignments, projects, quizzes and tests. Students will be responsible for making up missed work. There will be no late penalties.



## Contact Us

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### Areas of Study

Upon successful completion of each unit and activity, students should be able to answer the following questions:

6 <sup>th</sup> Grade	7 <sup>th</sup> Grade	8 <sup>th</sup> Grade
<b>Injury Prevention and Safety</b>		
First Aid and Safety Babysitting <i>What would I do in an emergency situation?</i>		
<b>Substance Use and Abuse</b>		
Tobacco & Inhalants <i>If I know drugs are bad, how do I say no?</i>	Alcohol & Marijuana <i>How do I reach my goal of remaining substance free?</i>	Steroids & Club Drugs <i>Why should I be drug free?</i>
<b>Family Life and Sexuality</b>		
Communication, Relationships, Human Growth and Development <i>What is a positive friendship? What is happening to me?</i>	Human Growth and Development, HIV/AIDS <i>What skills do I need to maintain safe and healthy relationships?</i>	Relationships & STD's <i>How do decisions effect others and myself?</i>
<b>Mental and Emotional Health</b>		
	Violence Prevention- Bullying, Harassment, Cyber Bullying and Sexual Harassment <i>What can I do in cases of violence?</i>	Stress and Stress Management <i>What can I do to manage my stress?</i>
<b>Nutrition and Physical Activity</b>		
	Nutrition <i>How does what I decide to eat impact my health?</i>	Wellness & Fitness <i>How can I challenge myself to be a healthier person?</i>
<b>Adventure Education</b>		
<i>How do we solve this problem as a team?</i>	<i>How do we begin to trust each other as a team?</i>	<i>What makes an effective team?</i>
<b>Dance</b>		
<i>What does this creative dance express?</i>	<i>How can I make this creative dance better?</i>	<i>What does this creative dance express?</i>
<b>Fitness</b>		
<i>How do I stay fit and healthy?</i>	<i>How do I improve my fitness and health?</i>	<i>Am I fit and healthy?</i>
<b>Team Sports</b>		
Ultimate Frisbee, Soccer, Basketball, Volleyball <i>What makes a successful team player?</i>	Volleyball, Flag Football, Basketball, Softball <i>What makes a successful team player?</i>	Basketball, Flag Football, Volleyball <i>What makes a successful team player?</i>
<b>Dual/Individual Sports</b>		
Track <i>What makes someone successful in track and field?</i>	Badminton & Track <i>What makes a successful badminton player?</i>	Badminton & Track <i>What makes someone a successful player?</i>