

Welcome to the PJ Gelinis

Health and Physical Education Department

Chairperson

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Faculty

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Course Information

General Health Education Information

Health is a New York State requirement for all students in seventh grade. The Health Education course offered includes the following topics; mental, physical and social health, use and abuse of alcohol, tobacco, drugs, communicable and non-communicable disease prevention, including sexually transmitted infections, human sexuality and family life (optional).

The health class provides information in simple, understandable terms which is meaningful today and applicable to future situations which may arise. Students will participate in group activities, complete health related projects and use decision making skills in classroom discussions. The emphasis of this course is place on personal responsibility, respect for self and others, self-confidence and being accountable for one's personal health, wellness and behavior.



Health Education Supplies:

1. A loose-leaf binder (1"-1/2") with paper and room for handouts.
2. A pen/pencil and a highlighter.
3. Protective Plastic cover sheets for "book about me" final project pages.

Grading:

Test 25%/Presentations 25%= **50%**

Quizzes/Journals=**20%**

Home assignments 10%/Classwork 10%/Participation 10%=**30%**

The book about me is a final project which will count as 20% of the final grade. Pieces of the project will be due periodically throughout the year.

General Information:

1. Extra help sessions are available upon request of the student.
2. The Bell at the end of class is to let me know we have run out of time but you are to wait for me to dismiss you.

Remember:

Health Education is a place where we have the opportunity to discuss issues that impact our lives. This is not a “textbook” class, but a discussion class. It requires both your attendance and your courtesy.

Discussion classes always reveal different opinions. Disagreements and debates are permitted as long as there is respect for others. Personal attacks and offensive statements can easily lead to hurt feelings and will not be tolerated. So please, think before you speak and be considerate of others.



Physical Education General Information

Physical Education is a state mandated course that offers students opportunities to be active in a safe learning environment. Students will participate in a number of team and fitness activities that will encourage them to become active for life. The department will teach and assess students on the following topics/activities:

- Football
- Soccer
- Tennis
- Team Building Activities
- Basketball
- Volleyball
- Aerobics
- Spinning
- Circuit Training
- Weight Training
- Tchoukball
- Softball
- Backyard Games
- Fitness Testing
- *And more!*

Physical Education Supplies:

Students will be assigned an individual locker and padlock for the school year. Students should keep appropriate exercise clothing in their locker. T-shirt, shorts, sweatshirt, sweatpants, sneakers, & socks can all fit in the locker and would help a student be prepared for indoor or outdoor activities.

Students should never share their lockers or combinations.

Lost locks should be reported to the teacher so a replacement can be given at the price of \$5.

Grading:

The Three Village Health & Physical Education Department has implemented the following grading criteria for Physical Education:

65% Attendance and Participation (Authentic Assessment-Affective Domain)

25% Skill Development (Skill Testing-Psychomotor Domain)

10% Knowledge (Cognitive Domain)

100%

Participation and Attendance

Rubric:

1 point participation

1 point sportsmanship

1 point effort

1 point attitude

1 point preparedness

Grading:

5 points = actively participates, actively engaged, prepared, actively engaging in sportsmanship qualities, Positive attitude in class.

4 points = Needs work in one area

3 points = Proficient for the day

2 points = Needs work in 2 or more area

1 point = Obtained one point in areas represented in rubric

0 points = cut or unprepared: non participation

Exempt for Excused absence (Recognizing that the remaining classes will weighted more)

Skill Development

5 points = Consistently and successfully executes skill

4 points = Performs above expected level

3 points = Proficient

2 points = Needs Practice

1 point = Beginner

Knowledge test:

A written test **must** be given at least **once** during **each 5 week activity unit**.