

Flat Rock Middle School

Health Education 6th - 8th grade

Syllabus

Course Description:

The Health Education program in grades 6-8 encourages the development of physical, mental, social, and emotional health, which will be carried over in the high school program. The emphasis in the 6th – 8th grade Health Education program is to develop personal health goals and general understanding of the skills needed to live a healthy lifestyle. Every decision is a health decision in some way.

Topics:

The following units will be used to develop a general understanding of personal Health:

Alcohol, Tobacco, and Other Drugs

Mental, Emotional, Family & Social Health

Communicable and Chronic Disease

Nutrition & Fitness

Community, Consumer & Environmental Health

Personal Health & Hygiene

Human Growth and Development

Safety & First Aid

Grading:

Students will be graded on the following scale:

10% Daily Journals/Notes

30% Unit Review/Quizzes

30% Class Work/Projects

30% Unit Tests

Classroom Rules:

All students are expected to abide by the following class rules. If a rule is broken the student will be given an opportunity to correct their behavior with a verbal warning. Upon the second occurrence, the student will be moved to a different location within the room. If a student breaks a rule a third time, detention will be assigned. Students will be given weekly class work grades based upon their behavior. If a student has been “moved” or given a detention they will lose points for that day.

- 1. Be On Time***
- 2. Be Prepared***
- 3. Be on Task***
- 4. Be Respectful***
- 5. Be Positive***

Technology:

We will use technology in our class for certain assignments. Please follow the directions of the “Devices” sign at the front of the room and in the FRMS Code of Conduct. Unauthorized or improper use will result in the surrender of your device or in the loss of this privilege. “Devices down” indicates that all devices are to be off and put away.

Materials:

Students should have the following materials in class daily:

- 1. 3-ring binder***
- 2. notebook paper***
- 3. pens/pencils/highlighter***

Teacher Contact Information:

Please feel free to contact me at any time with questions, comments, or concerns. I can be easily reached via email at: thacker.ben@mail.fcboe.org