

Wallenpaupack Area School District

Wallenpaupack Area High School

Course Title: 9th Grade Health

Length of Course: Semester

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description: 9th Grade Health The course also focuses on attitudes and behaviors that will promote positive health and wellness for an individual throughout their lifetime.

Pennsylvania State Standards:

Core Curriculum:

- 10.1.9.E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.
- 10.3.9.C Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
- 10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues.
- 10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood.
- 10.1.9.B Analyze the interdependence existing among the body systems.

Course Objectives:

Students will demonstrate the ability to:

- Define sleep deprivation and describe short-term and long-term effects that stress has on the body (physically, academically and emotionally).
- Understand the concept of stress and how stress can be harmful to proper development.
- Understand and apply a wide variety of stress management techniques.
- Know relevant suicide facts, indicators of at-risk students, warning signs and response guidelines, including referral procedure.
- Recognize that mental illness is something that could happen to anyone.
- Be able to identify factors that influence a person's risk for developing a mental illness, and be able to explain that some factors increase a person's risk for mental illness and other factors decrease a person's risk for mental illness.
- Name the major organs of the male and female reproductive system.
- Will trace and explain the pathway of the sperm and the egg.
- Define sexually transmitted diseases (STD's)
- Describe the signs and symptoms of STDs.
- List the most common STD's and how to prevent them.
- Discuss and identify where to get tested for the diseases.

Major Activities to Support Course Objectives:

- Journals
- Videos
- Essay
- Research projects
- Case studies
- Speaker
- Worksheets

Student Responsibilities:***Behavior expectations:***

1. Be on time.
2. Be prepared.
3. Be respectful to yourself and others.

Homework expectations:

Make-Up Work: A student can make up missed work one week from when they were absent.

Assessment:***Grading Components:***

Students will receive a health grade as follows:

Final Grade Calculation:

Health Grade: $\frac{1}{4}$ of final grade

No Final Exam Grade

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Sleep deprivation	Journal	1 day
Stress management	Augusta Gone Video/Essay	3 days
The risks and warning signs of suicide.	Case Studies	1 day
Mental Illness	Research project/Pamphlet	2 days
Anatomy of the reproductive system	Anatomy project	2 days
Birth control	Birth control worksheet	1 day
STDs	Speaker/video/ worksheet	1 day

Wallenpaupack Area School District
Wallenpaupack Area High School
Course Title: 9th Grade Physical Education
Length of Course: Semester

District Policies:

Academic Integrity:

Academic integrity is essential to the success of an educational community. Students are responsible for learning and upholding professional standards of research, writing, assessment, and ethics in their areas of study. Written or other work which students submit must be the product of their own efforts and must be consistent with appropriate standards of professional ethics. Academic dishonesty, which includes cheating, plagiarism, multiple submissions and other forms of dishonest or unethical behavior, is prohibited.

Assessment:

The goal of grading is to report student progress and achievement to the parents to strengthen the home-school connection. The grade should accurately reflect the student's performance in mastering the PA Standards and the WASD curriculum.

Attendance:

Regular school attendance is vitally important to academic success. Not only does attendance reinforce and enrich the learning process; it also establishes patterns and attitudes that will carry forward into adult work habits. Regular, consistent attendance is a prerequisite to successful school life. Children should be absent only in cases of illness or emergency.

Special Education:

Our commitment to each student is to ensure a free appropriate public education which begins with the general education setting, with the use of Supplementary Aids and Services. Inclusive education describes the successful education of all students with the appropriate supports and services to participate in and benefit from the general classroom settings and other educational environments.

Course Description: 9th Grade Physical Education creates opportunities for students to learn and practice health and fitness theory. It is designed to develop self-discipline and self-control while learning life-long wellness skills. Opportunities are provided for students to develop safety skills, positive attitudes toward fitness, and social skills through participation in a variety of individual and team sport activities. The course also focuses on attitudes and behaviors that will promote positive health and wellness for an individual throughout their lifetime.

Pennsylvania State Standards:

Core Curriculum:

- 10.4.9.A Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity goals.
- 10.4.9.B Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- 10.4.9.D Analyze factors that affect physical activity preferences of adolescents.
- 10.4.9.E Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.
- 10.4.9.F Analyze the effects of positive and negative interactions of adolescent group members in physical activities.
- 10.5.9.A Describe and apply the components of skill-related fitness to movement performance.
- 10.5.9.B Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.
- 10.5.9.C Identify and apply practice strategies for skill improvement.
- 10.5.9.F describe and apply game strategies to complex games and physical activities.

Course Objectives:

Students will demonstrate the ability to:

- Demonstrate proficiency in all fundamental movement skills and patterns and competence in several specialized movement forms.
- Achieve and maintain a health-enhancing level of personal fitness.
- Demonstrate responsible personal and social behaviors in physical activity settings.
- Work cooperatively with peers during physical activity.
- Demonstrate sportsmanship and fair play during physical activities.

- Participate in a nationally recognized fitness tests to assess personal fitness.

Students will master the skills of:

- Identify and analyze the movement skills of self and peers during various physical activities.
- Apply rules, procedures, and safe practices based upon teacher instruction.

Major Activities to Support Course Objectives:

Lacrosse, Track and Field, Speedball, Biking, Basketball, Floor Hockey, Badminton, and Fitness Testing

Student Responsibilities:

Behavior expectations:

1. Physical Education is required for graduation each year under the law of the Commonwealth of Pennsylvania and regulations of this school district.
2. Students must be prepared in proper Physical Education attire for every scheduled class. Only exception: Doctor's excuse.
3. Proper Physical Education attire is:
Shorts, appropriate T-Shirt (with sleeves), sweatpants
Sneakers
Sweat shirts for cooler days
4. If a student refuses to change, the following will occur:
A student will not be allowed to make up the class.
The teacher will send a discipline write up to the office.
The office will handle the discipline action if it becomes a reoccurring problem.
5. Missed classes in excess of 2 for a marking period may cause a student to fail. The only excused absences are school functions and long term medical excuses. Students will be allowed to make up classes they have missed due to extenuating circumstances.
 - a. Once the PE portion of Wellness is over, the student has one week to make up the absences.
6. The Physical Fitness Testing Program is mandatory each year. Failure to complete tests dictates course failure.
7. Valuables are the students' responsibility. Locker rooms will be locked during class time, all valuables should be secured by the students. Lockers are for your use during class only. Team rooms are off limits.
8. Reckless use of equipment will result in assessment for repair or replacement costs.

Make-Up Class expectations:

Make-Up Class: A student can make up a class by participating in a physical education class or staying after school to use the Weight room.

Assessment:

Grading Components:

Students will receive a grade as follows:

Each day a student can earn up to 10 points per day.

- Preparation for class (clothing and sneakers) mandatory, if they do not change the student will receive a zero for the day.
- Active participation (4pts)
- General behavior: leadership, cooperation, initiative, teamwork (4pts)
- Skill development and proficiency (2pts)

Final Grade Calculation:

Physical Education Grade: $\frac{3}{4}$ of final grade

No Final Exam Grade

Content Pacing Guide:

Topic	Major Assignments	Estimated Time
Lacrosse		5 days
Track and Field		2 days
Speedball		5 days
Biking		3 days
Basketball		5 days
Floor Hockey		5 days
Badminton		5 days
Fitness Testing		3 days