

EASTWOOD MIDDLE SCHOOL

WELLNESS PROGRAM

(915) 434-4300

Faculty:

Sylvia Gonzalez
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Conference Times:

8:30am - 9:22am
8:30am - 9:22am
8:30am - 9:22am
8:30am - 9:22am

Course Goal:

Students will safely participate in activities in which they learn new ways to enjoy and maintain a lifetime of moderate to vigorous physical activity (M.V.P.A.) and improve their own personal well-being. Healthy eating habits and active lifestyles will be presented to students so they may teach family and friends how to improve not only themselves but their community as well.

16.23. Physical Education, Grade 6

(2) Sixth grade students apply similar concepts from one sport or movement setting to another. Students can observe another individual's performance and notice key elements for success. At this grade level, students participate in physical activity both in and out of school while maintaining a healthy level of fitness as their bodies grow and change. Their knowledge of **safety and the ability to manage their own behavior is reinforced**. Instruction is directed more toward encouraging the incorporation of physical activity into a daily routine and less toward fundamental skill development.

116.24. Physical Education, Grade 7.

(2) In Grade 7, although the acquisition of physical fitness and skill development is important, emphasis is placed more on participation for enjoyment and challenge, both in and out of school. Understanding the need to remain physically active throughout life by participating in enjoyable lifetime activities is the basis for eighth grade instruction.

6TH AND 7TH Grade Physical Education Curriculum includes, but is not limited to:

Team Sports	Field Day Activities
Individual Sports	Rhythm and Dance
Introduction to Weight Room	Cooperative Games
Conditioning	Alcohol/Tobacco Awareness (counselors)
Hygiene	Health Components

Grading Rubric:

- 1. 50% - Daily Participation / Daily Suit-Out/ Daily Assignments**
- 2. 40% - Written Test / Skills Test/ Quiz**
- 3. 10% - Nine Weeks Exam**
- 4. Every Friday will be counted as a quiz grade**

Consequences for Not Suiting Out:

1st Nonsuit- Warning and follow up with student on reason for not suiting out. Allow student to borrow a wellness uniform to suit-out. If a student declines to borrow a uniform coach will document.

2nd Nonsuit- Follow up with the student on reason for not suiting out and allow the student to borrow a wellness uniform to suit out. If a student declines to borrow a uniform, the coach will document and contact the parent to inform that the student will receive a referral on the next nonsuit out.

3rd Nonsuit- Follow up with the student on the reason for not suiting out and allow the student to borrow a wellness uniform to suit out. If a student declines to borrow a uniform, the coach will document and contact the parent for the second time to inform them that the student received a referral. Consequence then resets for the student.

Class Requirements:

- A combination lock is required, absolutely **NO** key locks. Students are required to remove locks on a daily basis. **The Physical Education Department will not be responsible for lost or stolen items if policy is broken.**
- Students are required to wear comfortable athletic type shoes and socks at all times.
- For safety purposes, we ask that jewelry be removed before class.
- Required Wellness Uniforms (**top and shorts**) can be purchased from a wellness coach. The students will receive a daily grade for suiting out.
- Pajama style, flannel or baggy sweatpants, yoga pants and shorts other than the EMS P.E. uniform shorts or sweatpants are **NOT** permitted.

Class Rules and Expectations:

1. Please be respectful when a coach is talking. Longer instruction time equals shorter activity time.
2. Address coaches as yes/no ma'am/sir
3. Be on time and ready to learn. (No Tardies!)
4. Drinks, gum and food are **NOT** allowed in class. Only sealed water containers.
5. Respect everyone and their property as well as EMS property and equipment. **Stay off the basketball nets!**
6. All electronic devices (Cell Phones) must be kept in a backpack and/or secured inside lockers. **Please do not carry your cell phone during P.E. class.**
7. Cell Phone use in the locker room is strictly prohibited. **Automatic referral will be given if caught.**
8. Students at EMS are **NOT** permitted to bring valuables to class (money, jewelry, electronic devices etc.). This is an EMS campus policy.
9. The coaches will dismiss students to their next class - NOT the bell. Please wait until you are dismissed. No one leaves until **COACH** dismisses class.
10. Clean up after yourself.
11. No Horseplay or improper use of any wellness equipment.

Weight Room Rules and Expectations:

- Horseplay and improper use of the weight room equipment will **NOT** be tolerated.
- Stay alert, use a spotter and rack all free weights after use.
- Please wipe down machines after use.
- Breaking or damaging any equipment due to horseplay or improper use will result in a discipline referral and possible fine. **(Please report any damaged equipment to your coach immediately).**
- The use of the weight room is a privilege and can be very rewarding if it is utilized safely and correctly. It can also be dangerous if used improperly. Please do not participate in any misbehavior that will prohibit you from this privilege.

Exempt from Participation:

In order for a student to be exempt from participating in Wellness class, a signed letter (from parent or guardian) must be brought each day for a maximum of **TWO (2)** consecutive days. A licensed Doctor (**in the United States**) can also excuse students from physical activity. Please be aware that a letter from a parent, guardian or a licensed physician to excuse a student from **any** physical activity will be honored to the full extent. Students with a letter **will not participate** in intramurals during lunchtime or any other physical activity throughout the instructional day.

YISD Vision Statement:

All students who enroll in our schools will graduate from high school, fluent in two or more languages prepared and inspired to continue their education in a four-year-college, university or institution of higher education so that they become successful citizens in their community.