

# **EASTWOOD MIDDLE SCHOOL**

## **WELLNESS PROGRAM**

(915) 434-4300

### **Faculty:**

Sylvia Gonzalez  
Eddie Quintanilla  
Matthew Macias  
Caroline Rocha

### **Conference Times:**

12:15-1:00  
11:42-12:27  
12:15-1:00  
11:42-12:27

### **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 7.**

**(2)** Seventh 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 8.**

**(2)** In Grade 8, 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.

### **7<sup>TH</sup> AND 8<sup>TH</sup> Grade Wellness 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**

## Class Requirements:

- A **combination lock** is required, absolutely **NO** key locks. Students are required to remove locks on a daily basis.
- 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 with 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:

- Please be respectful when a coach is talking. Longer instruction time equals shorter activity time.
- Be on time and ready to learn.
- Drinks, gum and food are **NOT** allowed in class. Only water.
- Respect everyone and their property as well as EMS property and equipment. **Stay off the basketball nets!**
- 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.**
- Students at EMS are **NOT** permitted to bring valuables to class (money, jewelry, electronic devices etc.). This is an EMS campus policy.

## **The Physical Education Department will not be responsible for lost or stolen items if policy is broken.**

- The coaches will dismiss students to their next class. Please wait until you are dismissed. No one leaves until **COACH** dismisses class.

## 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.

**Please cut and return the bottom portion of this document signed by you and your parent(s)/guardian, acknowledging that both have read and agree to the expectations outlined above. Thank you.**

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Class Period: \_\_\_\_\_ P.E. Teacher's Name \_\_\_\_\_

**We have read and agree to follow the rules and expectations for Wellness Class at EMS. We will not hold Eastwood Middle School responsible for accidents that may occur when stated rules and safety procedures are not followed.**

Student Name

Parent/Guardian

Contact Phone Number