Wellness 1, Grade 9

Course Overview: Wellness 1
Wellness is a process, not a destination. At Woodstock Union High School we believe this is a process of finding balance of the six dimensions of Wellness. Maintaining a healthy balance in today’s world requires a great deal of skill, knowledge, and practice. At WUHS, Health and PE are combined to create an integrated wellness program that provides high school students with the tools they need to achieve a healthy balance in their busy lives. While maintaining focus on the six dimensions of Wellness (Physical, Social, Emotional, Occupational, Spiritual, Intellectual), we will address the important Health and Physical Education skills needed to pursue a happy, healthy life.

Units and Activities: What will we be learning about in this course?

<table>
<thead>
<tr>
<th>Semester One</th>
<th>Semester Two</th>
</tr>
</thead>
<tbody>
<tr>
<td>Values and Character Traits</td>
<td>Social Media</td>
</tr>
<tr>
<td>Fitness and Nutrition</td>
<td>Relationships and Sexual Health</td>
</tr>
<tr>
<td>Alcohol, Marijuana, Vape</td>
<td>Emotions</td>
</tr>
<tr>
<td>Yoga</td>
<td>Finances</td>
</tr>
<tr>
<td>Body Weight Exercises</td>
<td>Snowshoeing</td>
</tr>
<tr>
<td>Stretch Band Exercises</td>
<td>Jump Rope</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>Hiking</td>
</tr>
<tr>
<td>Golf</td>
<td>Orienteering</td>
</tr>
<tr>
<td>Disc Golf</td>
<td>Cup Stacking</td>
</tr>
</tbody>
</table>

Standards: What knowledge and skills will I gain by the end of this course?
This course will assess the knowledge and skills students build in key Anchor Standards and Content Standards.

Anchor Standards:
Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Accessing Valid and Reliable Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.
Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

Content Standards: This course builds student knowledge using the National Health and Physical Education standards. You can find the standards here: https://www.shapeamerica.org/standards/default.aspx

Assessment of Learning
Assessment Types:
See student handbook.

Assessment Scoring:
Teachers will provide framing for summative assessment scores using proficiency level scoring criteria for grading similar to the example below:

| Anchor Standard: Goal Setting |
|------------------------------|-------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Course Standards: NH6- Students will demonstrate the ability to use goal-setting skills to enhance health. |
| | 1.0* | 1.3* | 1.7* | 2.0 | 2.3 | 2.7 | 3.0 | 3.3 | 3.7 | 4.0 |
| | NC* | NC* | NC* | C | C+ | B- | B | B+ | A- | A |
| Physical Dimension | Identify the criteria to set a SMART goal. | Create a fitness and or nutrition SMART goal. | Develop a plan to demonstrate the necessary steps to achieve my fitness and/or nutrition SMART goal and reflect on outcome and future goals. | Demonstrate the knowledge and skills to maintain a health-enhancing level of physical activity and fitness by attaining goals I set in the areas of fitness and nutrition. |
| Emotional Dimension | Identify the criteria to set a SMART goal. | Create an emotional SMART goal. | Develop a plan to demonstrate the necessary steps to achieve an emotional SMART goal and reflect on outcome and future goals. | Demonstrate the knowledge and skills to maintain a strong coping system by attaining goals I set in the areas of emotions. |

*Scores in the "Beginning range" are well below proficient and thus they are below passing.

Communication:
How Do I Know My Grades?
- On Summative Assessments, a teacher will provide both a 4-point grade and a letter grade.
- You can monitor your progress in the following ways:
By reading feedback and scoring returned to students on summative assessments
By monitoring the scores and Overall Course Mastery Grade in the Parent/Student portal on JumpRope
By monitoring the grades sent home quarterly through report cards

Where Can I Find This Syllabus during the School Year?

- This syllabus will be available on the school website in each subject’s department tab once the school year is up and running.
- This syllabus will also be posted to the Wellness 1 google classroom that the student is enrolled in.

How Do I See What’s Due?

- Summative assessment due dates and handouts are posted to the blue “Upcoming Assessment” section of the JumpRope Parent/Student Portal on or before the day they are assigned to students.

How Do I See What’s Past Due?

- If a student is missing an assessment, it will be listed in the red “Missing Assessment” section of the JumpRope Parent/Student Portal along with any attachments.

Be prepared for class with:
Writing Utensil
Binder
Sneakers
Positive Attitude :)

Schoolwide Procedures:
Please see the Student Handbook for Procedures and Policies related to: Due dates and deadlines, extra credit, retaking assessments, and turnaround time for grade entry.

Personal Mobile Devices: This class will follow the procedures outlined in the student handbook

Classroom Expectations:
Each person has a voice in this class so listen respectfully and be open to the opinions of others even when they differ from your own. Be responsible for your work and behavior contributing positively to the class. Be on time so you can be a full class participant. Be on task so you are contributing to your own learning and that of your classmates. Enjoy the learning journey!