

9th Grade Health- 2023-2024

Teacher: Mr. Sherman

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School Phone: (402) 759-3141

CLASS DESCRIPTION: Ninth grade Foundations of Health class will meet daily. Students will spend the majority of the time in the classroom. In this health class, students will learn about the three areas of health (physical, mental/emotional, and social). Other topics such as consumer health, environmental health, mental health prevention, sexual harassment, dating relationships, nutrition, exercise, body systems, substance use/abuse, disease prevention, safety/injury prevention. Students will also create personal fitness plan. In health class, students will complete projects, will give presentations, and they will complete written tests to assess their knowledge.

METHOD FOR GRADING: Students will be graded using the Fillmore Central Public Schools grading policy.

- A = 93% or above
- B = 85% - 92%
- C = 77% - 84%
- D = 69% - 76%
- F = 68% or below

Your grade will be based on the following percentages.

- Summative Knowledge (Tests and Projects) = 85%
- Semester FINAL = 15%

ITEMS TO BRING TO CLASS EVERYDAY:

If we are in the classroom

- Notes, paper, and writing utensils
- Be ready for discussion

CLASSROOM RULES:

1. LISTEN & MAKE GOOD CHOICES
2. Respect Others- Treat others as you wish to be treated
3. You **MUST** bring all necessary material to class EVERYDAY!
4. **NO CELL PHONES DURING THE CLASS PERIOD!**
5. Please get drinks or use the restrooms between classes, not during class, unless its an Emergency
6. **Use appropriate language**
7. Follow all students handbook rules
8. Have fun!

CLASSROOM PROCEDURES (Health Education):

1. Everyday come in and sit down in your assigned seats when the bell rings
2. We will then use our textbooks and take out our notes. Most of our notes will be on PowerPoint presentation slides. The students are responsible for taking their own notes. During the lesson, the students will be randomly called on for discussion questions.
3. Once the lesson is complete the students will use the rest of the time in class to work on their daily homework.
4. Most Unit Tests will be done on CANVAS (unless otherwise noted).
5. When students have completed all assignments and the daily lesson and there is still a little bit of time left, they need to have something else to work on or other homework to finish.