



**Health – Subject Syllabus**  
**Mr. Swain**

**Course Description:** The curriculum focuses on a healthy lifestyle and the value of physical, social, mental, and emotional balance. Students will be taught to make healthy decisions today to help them reach their goals and potential throughout their lifetime. We will use assignments, activities and assessments to understand the necessary skills and knowledge in order to build and maintain a healthy lifestyle.

**Course Expectations:** Students will be expected to develop strategies for a healthy self-concept that enhances mental and emotional health. Students will be able to develop and maintain healthy relationships while using nutrition information, skills, and strategies to enhance health. Students will be taught and expected to demonstrate health-promoting and risk-reducing behaviors to prevent substance abuse. Students will be able to summarize concepts related to health promotion and the prevention of communicable and non-communicable diseases.

**Textbooks and Materials:**

Materials needed for this class are as follows:

1. lined paper
2. a journal or note book
3. colored pencils, crayons, and or markers.
4. writing utensils (blue or black pen and/or pencil)

**Grading Plan:**

Course work will be broken down into units with assignments and tests in each unit. Assignments will be required to be completed by date assigned. Late work will not be permitted unless previously cleared by the teacher. Modifications will be made to fit the needs of students.

**Grading Scale:**

<b>A</b>	<b>93-100</b>	<b>C</b>	<b>73-79</b>
<b>A-</b>	90-92	<b>C-</b>	70-72
<b>B+</b>	87-89	<b>D+</b>	67-69
<b>B</b>	83-86	<b>D</b>	64-66
<b>B-</b>	80-82	<b>F</b>	below 64
<b>C+</b>	77-79		



**Course Policies:**

Portfolio: Students will be encouraged to reflect upon activities/ assignments completed in class and use their reflections in their portfolios.

Group Activities: Group activities will help the students find and create answers within a group setting. Group work may include posters, written assignments, and activities.

Extra Credit: Extra credit will be given to those who bring in donations.

Absences: Students can talk to the teacher before a planned absence and receive missing assignments to complete. For unplanned absences students are required to talk to the teacher to receive make-up work.

Citizenship Grade:

H= Honorable

S= Satisfactory

N= Needs improvement

U= Unsatisfactory

**Class Rules:**

1. Be in seat when the bell rings
2. Bring all supplies everyday to class
3. Complete all homework and turn it in by due date
4. Be positive, patient and supportive
5. Bring water and or healthy snacks
6. Raise your hand for questions
7. Acknowledge the teacher when giving instructions
8. Socialize with classmates only at appropriate times

**Donations of the following items are much appreciated:**

-crayons, markers, tissues, paper towels, blank posters, pencils, pens, and paper.



Maria Montessori Academy Junior High

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I have read and understand the rules for \_\_\_\_\_ class.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Email Address: \_\_\_\_\_ and/or \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_