

# 8th Grade Physical Education & Health

## 2022-2023 Syllabus

St. Joseph Regional Junior High School  
Phone: 603-624-4811  
Email: [emoreau@stjoesjrhs.org](mailto:emoreau@stjoesjrhs.org)

### Course Description:

Welcome to Physical Education/Health! PE and Health are a vital part of a complete and well rounded education system. During PE class I will be focusing on encouraging the physical, mental, spiritual, and social growth in each student over the course of the year. Students will be introduced to and participate to the best of their ability in activities that will help them remain active in their future, learn to set and achieve health-related goals, and work with others in multiple situations.

During the Health portion of the class which will primarily be designated to be taught on Fridays, students will have an opportunity to explore different health related topics, learn positive decision making skills, best practices on how to improve/maintain a healthy lifestyle, and discover what overall wellness looks like.

### Course Goals and Objectives:

- Demonstrate motor skills and movement patterns needed to perform various physical activities and sports
- To assess and monitor current physical health to meet fitness goals
  - To maintain appropriate levels of cardio endurance, muscular endurance, and strength/flexibility. This will be assessed by physical fitness testing throughout the year
- To maintain a safe, meaningful, and challenging environment, where students are actively involved
- Promote health and wellness and not merely to prevent disease and disability
- Most importantly to HAVE FUN! while being physically active

### Course Expectations:

1. Always come to class prepared to change into the proper PE clothes
  - a. Must change in and out of PE clothes in a timely manner
  - b. Approximately 5-10 minutes will be given at the beginning of class to dress in PE clothes and 5-10 minutes will be given at the end of class to dress back into dress code

2. Participate in class: Students are expected to participate during the entire class period
  - a. Students who put forth the effort, to the best of their ability will develop the skills needed to do well in class
3. Positive Attitude/Behavior: Students must exhibit a positive attitude and good behavior every day
  - a. Respect for teachers, classmates, and self is required
  - b. Students will be introduced to new games and skills. Everyone is on different levels. Bullying and harassment will NOT be tolerated!
  - c. Students must show good behaviors, attitude, and character at all times to receive full credit
4. Keep an open mind and don't be afraid to ask questions!

**Units/Activities:** (Subject to change - could add or change listed activities below)

Kickball	Basketball	Floor Hockey	Tag Games/Relays
Wiffle Ball	Volleyball	Flag Football	Yoga/Meditation
Soccer	Badminton	Backyard Games	Fitness Testing
Wellness, and Nutrition/Healthy Eating	Emotional, Social, Physical, and Spiritual Health	Stress Management	Good Sportsmanship/Communication

**Grades and Assessments:**

Students will not receive letter grades. They will either pass or fail. This grade is dependent on their participation, their attitude, and whether or not they change everyday.

**Learning Standard and Competencies:**

These can be found at- [https://tp1.goteachpoint.com/resourceurl?\\_id=5198](https://tp1.goteachpoint.com/resourceurl?_id=5198)

**Special Instructions:** How to join the 8th Grade PE and Health Classroom

1. Go to classroom.google.com
2. Sign in with your school email address
3. Choose the + (plus) symbol and click "Join Class"
4. Type in the class code: orrmph7
5. Hit the "Join" button, and you are in!

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By signing this form you have read through this document with your child and understand course policies and expectations. If there are any questions please contact me through the email above.

Student: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_