



Portland Public Schools  
Middle Level  
Wellness  
2016-17



<b>Teacher:</b> Patricia Trump		<b>School:</b> Hosford Middle School	
<b>Subject:</b> Wellness	<b>Course Title:</b> Wellness	<b>Grade Level(s):</b> 6,7, and 8	
<b>Is high school credit an option for this course?</b> No			
<b>Prerequisites:</b> None			
<b>Course description:</b> The goal of this class is to understand and practice what it means to be a physically educated person. The focus is on the total education of all students in the areas of physical development, social/emotional and intellectual growth.			
<b>Priority Standards:</b> <b>Standard 1</b> Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. <b>Standard 2</b> Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performances of physical activities. <b>Standard 3</b> Participates regularly in physical activities. <b>Standard 4</b> Achieves and maintains a health-enhancing level of physical fitness. <b>Standard 5</b> Exhibits responsible personal and social behavior that respects self and others in physical activity setting. <b>Standard 6</b> Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
<b>Common Core Standards:</b> We will be implementing the ELA Common Core Standards in Wellness in the following ways:			
Common Core Standard	How standard will be addressed in Wellness	How students will demonstrate proficiency	
CC ELA Reading	<i>Responding &amp; Analyzing</i>	Students will analyze health texts and think critically about the deeper meaning relevant to the topic being studied.	
CC ELA Writing	<i>Creating</i>	Students will use a fitness journal to log and reflect on their own wellness progress.	
CC ELA Speaking	<i>Performing, Presenting &amp; Producing</i>	Students will create a lesson that is relevant to the class and present it to their peers.	

<b>CC ELA Listening</b>	<i>Collaborating &amp; Connecting</i>	Students will collaborate effectively by meeting in community circles at the end of each class period in order to reflect on how the class did as a whole throughout the period and engage in active listening.
<b>Developing a Positive Outlook (Ms. Trump's personal Standard)</b>	<i>Flexibility</i>	Students will keep an open mind about new activities that may take them outside of their personal comfort zone.

**Schedule of topics/units covered and Academic Vocabulary:**

Proper stretching, cooperative games, fitness testing: flexibility, muscular strength and endurance, cardio- respiratory endurance. Team games/sports.

**District adopted materials:**

SPARK folio Middle School

**Supplemental resources:**

none

**Differentiation/ accessibility strategies and support (TAG, ELL, SpEd, other):**

Flexible grouping  
 Depth and complexity extensions  
 Rate and level curricular adjustments  
 Tiered lessons  
 Diverse questioning strategies

**Final proficiencies:**

- Demonstrate competency in some movement forms and proficiency in a few movement forms
- Apply movement concepts to the learning and development of motor skills
- Exhibit a physically active lifestyle and healthy diet choices
- Demonstrate responsible personal and social behavior
- Demonstrate respect for differences
- Understand that physical activity provides an opportunity for enjoyment, challenge, self-expression and social interaction
- Awareness of dangers of drugs and alcohol.

**Essential skills to be taught or assessed:**

- Critical thinking
- Time management
- Leadership
- Sportsmanship/ teamwork
- Responsibility
- Self-motivation

**Assessment/evaluation/grading policy:**

Students will earn a grade based on their mastery of the 6 priority standards and the ELA Common Core Standards. Students will be assessed using the following rubric:

- Highly Proficient
- Proficient
- Close to Proficient
- Developing Proficient

**Behavioral expectations:**

*ATTENDANCE:* It is expected that students will be present in class every day unless a note from a parent or guardian is provided and the absence is excused.

*TARDINESS:* When students are tardy they miss the instructions and set up for the whole day's work. If you are tardy please come in quietly, and wait to get the information you missed, so as not to disturb the class any more than necessary.

*HALL PASSES:* Hall passes will be issued only in emergencies and not within the 10 minute periods at the beginning and end of a class.

*RULES:* Be safe, responsible and respectful

*CONTACT INFORMATION:* If you need to contact me my email address is [ptrump2@pps.net](mailto:ptrump2@pps.net). You can also contact me by phone at 503-916-5640.