

## **WELCOME TO 7th GRADE HEALTH**

Welcome to Market Square Education's 7th Grade Health/PE course. This class is designed to promote an active and healthy lifestyle.

### **EXPECTATIONS**

In addition to the completing the Health modules, students will document aerobic, muscle strengthening and endurance, flexibility and cardiovascular endurance through a variety of activities. Exercises vary according to each student.

You are responsible for logging your physical activities on the form provided. The log includes a list of approved activities. Make sure that you write down something specific about what activity you are doing on the log provided and have it signed by either a parent and/or the activity director (coach).

### **7th Grade Health Course Grading:**

This course is divided into three separate parts:

- Physical activity log representing 40 hours of exercise
  - Activity log documenting 40 hours of activity
- Four modules of health
  - Your body, Your Home
  - Finding Energy in Food
  - 8 Dimensions of Health
  - Health & the Community
- Final Project
  - Final Project Proposal
  - Final Project

Northwest Liberty School uses an 11-point grading scale:

A (93%+)	B+ (87-89.9%)	C+ (77-79.9%)
A- (90-92.9%)	B (83-86.9%)	C (73-76.9%)
	B- (80-82.9%)	C- (70-72.9%)

Your grade report will be available one-two weeks after your class is completed to allow the teacher time to grade your work, and the office time to process and print your grade report.

**Good Luck and Be Healthy!!**