

WELCOME TO 8th GRADE HEALTH

Welcome to Market Square Education's 8th 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).

8th 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
 - Health & The Community
 - The Life Span
 - Health & Wellness
 - Factors that Determine Health
- Final Project
 - Final Project Proposal
 - Final Project

Market Square Education 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. Please call the Market Square Education office with any questions regarding the course: 425-420-1236.

Good Luck and Be Healthy!!