

# DRMS Healthful Living

Meet the Teacher 2016-2017

# Agenda

- Welcome/Greetings
- What is Healthful Living?
- Curriculum
- Healthful Living Webpage
- PE Dress Out Policy
- Healthful Living Rotations
- Fitness Rotation
- First in Fitness



# Welcome!

- The Healthful Living Department would like to welcome all parents & guardians to Meet the Teacher Night!
- The healthful living department is made up of 4 teachers.  
The teachers are:
  - Mr. Barfield
  - Miss Cicco
  - Mr. Mauder
  - Ms. Stone

# What is Healthful Living??

- Healthful Living is a combination of health education, fitness education, and physical education.
- Students rotate between the three subjects every week.
  - Healthful living rotation schedule can be found on our website.
- The three courses compliment each other. Students are encouraged to take the skills learned daily and incorporate them on a personal level into their day to day lives so that they may enhance their quality of life by developing lifelong fitness goals.

# Health Curriculum

All grade levels will discuss the following topics while in health. The objectives, however, for each grade level will be grade level appropriate and build upon prior knowledge.

- Mental And Emotional Health (MEH)
- Personal And Consumer Health (PCH)
- Interpersonal Communication And Relationships (ICR)
- Nutrition And Physical Activity (NPA)
- Alcohol, Tobacco, And Other Drugs (ATOD)

# For Example...

All of the following objectives fall under mental and emotional health 1.1. Each grade level however will have a specialized objective.

- 6<sup>th</sup> Grade:
  - 6.MEH.1.1 *Implement a structured decision making model to enhance health behaviors.*
- 7<sup>th</sup> Grade:
  - 7.MEH.1.1 *Interpret the transition of adolescence, including emotions in flux.*
- 8<sup>th</sup> Grade:
  - 8.MEH.1.1 *Evaluate stress management strategies based on personal experience.*

# 7<sup>th</sup> Grade Parents

- We will be presenting the session “Signs of Suicide Awareness Program” within the first quarter of this semester in conjunction with the guidance department.
- There will be a letter sent home to inform you about this session, and at that time if you would like the option of non-participation for your child.

# How Can You Find Us??

- Please Visit our healthful living team website.
- You will find many useful links, such as:
  - Our curriculum
  - Healthful living rotations
  - Important Forms
  - PE Dress Out Policy
  - Links to individual healthful living teachers' webpages

**\*\*WWW.WCPSS.NET/DURANTROADMS/HEALTHFULLIVING\*\***





# DURANT ROAD

MIDDLE SCHOOL

*Home of the Dolphins!*

Nancy Allen, Principal

(919) 870-4098

School Hours - 8:15 a.m. - 3:00 p.m.



HOME

OUR SCHOOL

ACADEMICS

STUDENTS

PARENTS

ATHLETICS



[Sign up to proctor June exams here](#)

# DURANT ROAD MIDDLE SCHOOL

Edit

Welcome to Durant Road Middle School!  
We are proud of our school and strive to  
make a SPLASH everyday!

## SPLASH

Durant Road Middle School

- Self Control
- Pride
- Leadership



# DURANT ROAD MIDDLE SCHOOL

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## Home

Return to Headlines

# FIRST IN FITNESS ATHLETICS CE!



Yesterday of athletic competition, our First In Fitness team, made up of middle schools from the area. Everyone on the team fought hard and behind the 1st place relay, Durant was able to finish 3rd overall!!

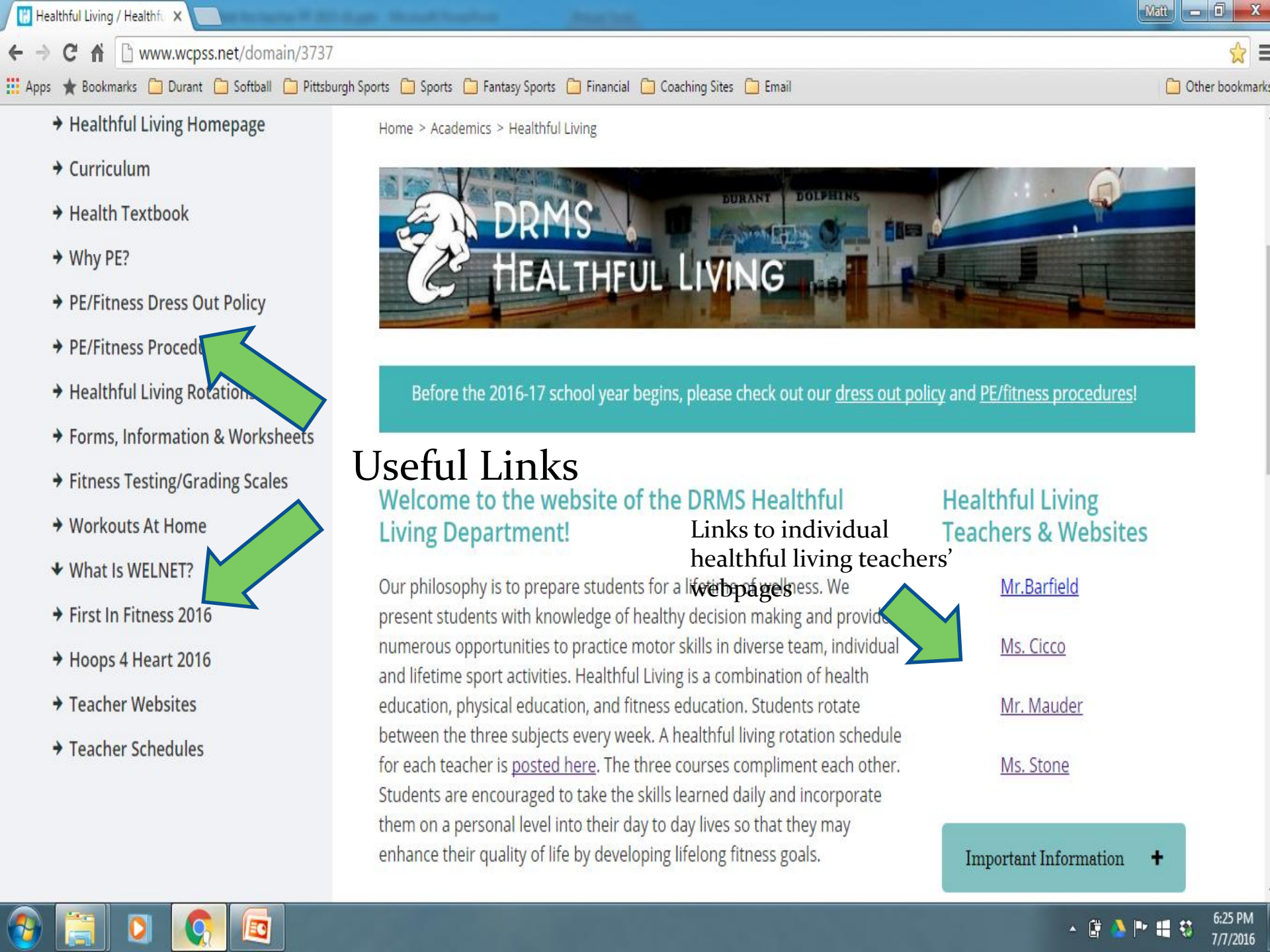
Making up the girls relay team was Jewel Lyons, C

- Grade 6
- Grade 7
- Grade 8
- Electives
- Healthful Living
- Special Programs
- Course Registration
- Credit by Demonstrated Mastery



school, our First In Fitness team, made up of middle schools from the area. Everyone on the 2nd place finish of our boys 4X100

ney Freeman. The boys relay team



→ Healthful Living Homepage

→ Curriculum

→ Health Textbook

→ Why PE?

→ PE/Fitness Dress Out Policy

→ PE/Fitness Procedures

→ Healthful Living Rotations

→ Forms, Information & Worksheets

→ Fitness Testing/Grading Scales

→ Workouts At Home

→ What Is WELNET?

→ First In Fitness 2016

→ Hoops 4 Heart 2016

→ Teacher Websites

→ Teacher Schedules

Home > Academics > Healthful Living



Before the 2016-17 school year begins, please check out our [dress out policy](#) and [PE/fitness procedures](#)!

## Useful Links

Welcome to the website of the DRMS Healthful Living Department!

Links to individual healthful living teachers' webpages

Healthful Living Teachers & Websites

Our philosophy is to prepare students for a lifetime of wellness. We present students with knowledge of healthy decision making and provide numerous opportunities to practice motor skills in diverse team, individual and lifetime sport activities. Healthful Living is a combination of health education, physical education, and fitness education. Students rotate between the three subjects every week. A healthful living rotation schedule for each teacher is [posted here](#). The three courses compliment each other. Students are encouraged to take the skills learned daily and incorporate them on a personal level into their day to day lives so that they may enhance their quality of life by developing lifelong fitness goals.

[Mr. Barfield](#)

[Ms. Cicco](#)

[Mr. Mauder](#)

[Ms. Stone](#)

Important Information +



# PE & Fitness Dress Out Policy



- Students are expected to dress out while in PE. For hygiene issues, this must be a separate set of clothing not worn to school on that day.
- **Required dress includes:**
- Grey, Black, White, or crew neck T-Shirt that says “Durant” on it.
- Grey, Black or White athletic shorts
- Athletic Shoes & Socks

\*\*\* There is no partial credit for changing just a shirt or shorts. If students are not dressing out completely, or do not have the right shoes, they are not to go into the locker room for any reason.\*\*\*



# Grading Policy

- Students will be assessed on the following criteria:

## PE

1. Hellison's Model of Social Responsibility.
2. Readiness/prepared to be physically active at an acceptable level.
3. Exhibiting a physically active lifestyle at an acceptable level.
4. Demonstration of competencies through various skill assessments.

## HEALTH

1. Class Projects
2. Book Work/Worksheets
3. Quizzes
4. Tests

# Fitness

- Fitness education will focus more on muscular strength and cardiovascular fitness, rather than team sports.
- Our fitness rotation will consist of numerous activities such as:
  - Timed running (1/4 mile, 1/2 mile, 1 mile) GRADED
  - Pacer test GRADED
  - Shuttle run
  - Curl-ups
  - Relay races
  - Adventure races
  - Many more activities!

\*\* Grading scale is available on our Healthful Living Website\*\*

# First in Fitness



- 6<sup>th</sup> Graders cannot participate in school sports, but can participate in First in Fitness.
- Competes against numerous other middle schools in Wake County.
- Last year, Durant took 2nd place out of 18 schools!

# PE Curriculum

- Our program is designed to further improve physical fitness through skill development in areas but not limited to:

Throwing

Catching

Kicking

Opposition

Defensive Techniques

Offensive Techniques

Hand-Eye Coordination

Game Strategies

Foot-Eye Coordination

Reaction Time

Agility

Striking Skills (racket, bat, etc.)



# PE Activities

- Our activities in PE will incorporate team sports, as well as lifetime sports and fitness based activities.

Disc Golf

Bocce

Lacrosse

Soccer

Noodle Hockey

Badminton

Goal Ball

Basketball

Bowling

Ultimate Frisbee

Football

Dance

Softball

Aerobics



Thank you for coming out tonight!

We appreciate your support.