

## Uniforms/ Supplies

**Uniforms:** *The uniform consists of navy blue shorts, gray t-shirt, tennis shoes and a heart rate monitor strap. Uniforms can be purchased at the bookstore. No jewelry is permitted.*

*\*We ask that the uniforms are washed every Friday!*

**Supplies:** *Each student is expected to have a 3-ring binder or folder, notebook and post-it notes. 2-3 pencils should be kept in the Wellness locker at all times. Please bring your planner to each health class.*

**Lockers:** *Each student will have a locker to keep their books and clothes in during class.*



## Contact Information

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## Creekside Middle School

## 6th Grade Wellness

2016-2017  
Open House

Remember to check your teacher's  
website for wellness information!



# **BYOD** **Bring Your Own Device**

-Examples: laptops, phones, tablets and other handheld devices offering internet

-Students are expected to stay on task or they will lose the BYOD privilege.

-Carmel Clay Schools are not responsible for lost or stolen items- **label the device** with your first **AND** last name.

-Devices are expected to remain in the student's locker until the end of class.

**DEVICES ARE NOT ALLOWED OUT  
IN THE LOCKER ROOMS!**



## **Curriculum**

### **Wellness:**

Fitnessgram  
Flag Football  
Lacrosse  
Tennis  
Basketball  
Volleyball  
Floor Hockey  
Softball  
Team Handball  
Soccer  
Racquet Sports  
Understanding the Fitness Components  
Rec Games



### **Health:**

- Understanding your Personal Health
- The Health Triangle
- Bullying
- Nutrition/My Plate
- Avoiding Health Risks-Focusing on Tobacco, Alcohol and Drugs
- Decision Making
- Goal Setting/Personal Fitness Plan
- Safety Education

## **Wellness Grades**

### **60% Fitness**

- ♦ Personal Fitness Workouts
- ♦ Pedometers
- ♦ Heart Rate Monitors

### **40% Written Work**

- ♦ Health Work
- ♦ Written Responses to Workouts
- ♦ Tests/Quizzes
- ♦ Project Based Assessments



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