



Portland Public Schools
Middle Level
Syllabus Template

School Year 2011-2012

Teacher: Anna Durocher		School: Mt. Tabor Middle School	
Subject: Science Elective	Course Title: Wellness	Grade Level: 7 th	
Course description: This course is designed to help kids achieve a healthy, balanced lifestyle. Exercise and nutrition are the main foci for the class.			
Course outline: 1 st quarter – Exercise daily (half period) includes: walking (20 min mile), yoga, team sports, stretching, physical activities in the gym. Resting heart rate and target heart rate, and nutrition. 2 nd quarter- n/a 3 rd quarter – n/a 4 th quarter –n/a			
Academic Vocabulary: <ul style="list-style-type: none"><input type="checkbox"/> Exercise<input type="checkbox"/> Nutrition<input type="checkbox"/> Resting heart rate<input type="checkbox"/> Target heart rate<input type="checkbox"/> Protein<input type="checkbox"/> Fat			

- ❑ Carbohydrate
- ❑ Calorie
- ❑ Fiber

District adopted materials: none- all own resources

Supplemental resources: "Exercise your options"- a nutrition curriculum.
"Discovering Me" Leslie Herod. "Diet and Nutrition Activities" Toner

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

- Sped students are served according to their IEP's. Modifications and accommodations are made for these students to support their specific needs.
- ELL students are served based on conversations between the ELL teacher and myself. Many strategies are used such as graphic organizers, text on tape, sheltered instruction, etc...
- TAG students are given opportunities to extend their learning to a higher level. Projects have been structured so that TAG students probe deeper into a concept. They also receive a more challenging topic when I have a menu selection of projects for a concept.

Final proficiencies: No formal final proficiencies. Informal- complete wellness journal, and a healthier body!

Behavioral expectations:

ATTENDANCE: Be here everyday

TARDINESS: Be here on time

RULES: Students designed the rules, but one word: RESPECT sums it up.

CONSEQUENCES: Tardiness consequence is a lunch detention. Breaking rules results in a one-on-one conversation, a seat change, and eventually a referral if it is a recurring behavior.

CONTACT INFORMATION: If you need to contact me my email address is adururoche@pps.net, you can contact me by phone at 503-916-5646 during school hours.