**Portfolio- 11th grade**

A portfolio will be kept for the entire 2013-2014 school year. The concept of your portfolio is to be your resource for all things health. At the end of every marking period you will be expected to show the contents of your portfolio for a grade. The point total for your portfolio is 100. It is crucial that you bring your portfolio each day to class and make sure it is kept up to date with all the necessary material to earn your points. The portfolio will contain the following items/sections (7):

* **Bell ringers-**Every day you walk into class either on the screen or placed on your desk will be a bell ringer. Bell ringer requirements include Todays Date, The Questions, and an Insightful Response to the question.
* **KLD chart**: At the beginning of each unit you will be given a KWD chart. The chart will evaluate your knowledge about a topic prior to learning, knowledge gained during your learning, and how the new knowledge impacts the decisions you make about your health.
* **Research:** All the articles you use for class (Current Events) will be used for peer research assignments.
* **LQ’s Lesson questions/Graphic Organizers**: Lesson questions will be questions that you are to answer during class. This will be your reference for Unit Exams.
* **Diet /Fitness Journal:** Your food and physical activity will be recorded weekly. This information will become necessary for later activities and overall understanding of health
* **Ticket Out the Door:** T.O.D’s are questions that you and a classmate will answer at the end of class. You will turn in the T.O.D. in to receive credit. Once graded the T.O.D should be used for review.
* **Vocabulary:** Every unit will contain word/terms that you must be able to understand and use. You will receive a form that you must keep in your portfolio. You will fill in the vocabulary as we cover the terminology in class.