

# Healthful Living Student Information Sheet

(Please Print Legibly)

Student's Name: \_\_\_\_\_ Period: \_\_\_\_\_

Student's Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Mother's Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_

Father's Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Phone/Cell#: \_\_\_\_\_

Relationship: \_\_\_\_\_

Team Name: \_\_\_\_\_ Grade: \_\_\_\_\_

P.E. Teacher: \_\_\_\_\_

Medications (if any): \_\_\_\_\_

\* Please explain any medical conditions that the Physical Education teacher and staff should be aware of including any special needs your son/daughter may have.

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**I have read and understand the Leesville Road Middle School Physical Education Policy and the above information is correct. All students are to follow the instructions that are in compliance with school and department policies given by any teacher in the Physical Education Department.**

**Parent/ Guardian Signature** \_\_\_\_\_

**Student's Signature** \_\_\_\_\_

## **Healthful Living**

Healthful Living is comprised of Physical Education and Health. Students will rotate with their teacher every three weeks into the health classroom.

### **Health**

#### **Objectives:**

1. Character Traits and LIONS acronym
2. Mental and Emotional Health
3. Personal and Consumer Health
4. Alcohol, Tobacco, and Other Drugs
5. Nutrition and Fitness
6. Interpersonal Communication and Relationships

#### **Class Procedures:**

1. School wide tardy policy will be enforced
2. Keep desk clean and report inappropriate behavior
3. Be ready to learn and respect classmates and teacher
4. Bring all needed materials to class; such as writing utensil, notebook or loose leaf paper, folder/binder to keep handouts and notes

### **Physical Education**

#### **Objectives:**

1. To develop and maintain physical fitness and efficiency.
2. To develop basic fundamental skills in a wide variety of activities.
3. To establish desirable health habits, attitudes, and practices.
4. To contribute to the social and emotional development of each student.
5. To develop good sportsmanship and sense of fair play competition.
6. To develop leadership ability and a sense of responsibility.

## Class Procedures:

1. **Dressing-out requirements.** This means your child will need a change of clothes.
  - \*\*Leesville Road Middle School t-shirt
  - This includes Leesville PE t-shirts, LRMS school team shirts, LRMS school sports team shirts, LRMS spirit wear (Sorry Leesville Loonies!)
  - Students must change their shirt!
  - \*\*Athletic shorts or athletic pants with elastic waist and no zipper
  - Pants with zippers, jeans, cargo pants, “stretchy” jeans, spandex, leggings, “jeggings”, pajamas, “sophies”, etc. are **not acceptable. They must adhere to school dress code!**
  - \*\*Athletic sneakers with laces tied tight or velcro straps
  - Flip-flops, sandals, dress shoes, Sperry’s, boots, slippers, slip-on sneakers, etc. are **not acceptable**
  - Participating in bare feet or only socks is **not acceptable**
2. **Locker rooms and locks:** Students will be expected to be dressed and ready for class **within five (5) minutes** after the start of class. Students should bring their **own** lock to class each day to lock up belongings in the locker room, then remove the lock and take it with them at the end of the period. Teachers and staff are **NOT** responsible for lost or stolen items.
3. **Sick or Injured.** Notes from home concerning a student’s illness or injury will not excuse a student from dressing out. In some cases, the instructor may provide modified activities. A note from home can only be honored for up to three (3) days for an injury or illness. A note is required each day for an illness. Excuses for more than 3 days must be in writing from a doctor.
4. **Injuries DURING class:** If a student is hurt during health/physical education class, he/she is responsible for informing his/her teacher before leaving class.
5. **Responsibilities:** We encourage Parents to communicate with their children regarding their progress and participation on a weekly basis.
6. **Safety during class:** Please NO jewelry during class. Do not hang on basketball nets, rims, or pull-up bars. When we are outside it important to sit, climb, or jump on bleachers.
7. **Respect:** Please NO food, candy, drink, gum in gym. Please respect the gym floor and wear appropriate shoes. When walking from the gym to outside area it is important to remember other classes are learning and remain quiet.

# GRADING FOR HEALTHFUL LIVING

**Health** (50 Percent of your grade) is broken down into 2 Categories

- 25% Quizzes- This includes objective tests, quizzes and Fitness Walk Days
- 25% Class work- This includes all work done in class and at home (if applicable).

**Physical Education** (50 Percent of your grade) Each class is worth 20 points.

**To earn all 20 points, students must:**

- Dress out in regulation PE clothing (**both** LRMS t-shirt and athletic shorts or pants) as described
- Wear sneakers with laces tied tight or Velcro straps
- Positively participate in all class warm-ups and stretches
- Positively participate in all class activities for the duration of the period
- Display good character at all times (integrity, respect, good judgment, self-discipline, perseverance)

**Failure to meet the above guidelines will result in the following deduction of points:**

Not dressed out or did not change into full regulation PE clothing - 5 points

Not positively participating in all class warm-ups and stretches - 5 points

Not positively participating in and actively engaging in all class activities for the duration of the class  
- 10 points

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Disruptive behavior or poor character

- Deduction of 10 to 20 points depending on severity of incident

No sneakers with laces tied tight or Velcro straps

- Deduction of 20 points and no participation in class activities

\* An alternative assignment may be given to students without sneakers to gain back 25% of their daily grade\*