

# *Healthful Living Student Information Sheet*

(Please print legibly; first page turned into your P.E. teacher)

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

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

Team Name: \_\_\_\_\_ P.E. Teacher: \_\_\_\_\_

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

Parent #1 Name: \_\_\_\_\_ Phone H/W: \_\_\_\_\_

Parent #1 Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Parent #2 Name: \_\_\_\_\_ Phone H/W: \_\_\_\_\_

Parent #2 Email: \_\_\_\_\_ Cell#: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\*Please be aware that NO CELLPHONES OR ELECTRONICS ARE ALLOWED IN PE OR FITNESS. It is also mandatory that each student bring a lock to every PE and Fitness class, as we are not responsible for any lost or stolen items.**

\* Please initial: \_\_\_\_\_ ←

**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 Healthful Living Department.**

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

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

# *Healthful Living Objectives*

Healthful Living is comprised of Physical Education and Health. Students will rotate with their teacher into fitness, physical education, and health each for one week.

## **Health**

### **Objectives:**

1. Character Strengths and the Positivity Project ☺
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.

## *Healthful Living Procedures*

- Dressing-out requirements.** This means your child will need a change of clothes, as we always promote safety and good hygiene.
  - \*\*Leesville t-shirt
  - This includes Leesville PE t-shirts, LRMS school team shirts, LRMS school sports team shirts, LRMS spirit wear, Leesville camp t-shirts, old Leesville t-shirts
  - 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, 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**
- 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.
- 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. Excuses for more than 3 days must be in writing from a doctor.
- 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.
- 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 stay off bleachers unless specifically directed to do otherwise.
- Safety of weight equipment:** Please use equipment properly and safely so all students can participate. Use proper form and ask questions if you don’t understand.
- Respect:** Please NO food, candy, drink, and 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.
- No cell phones or any electronics in PE or Fitness:** These items need to be locked in a locker in the locker room. Each student should bring a lock every day to keep items safe.

# **Healthful Living Grading Policy**

See Physical Education and Health website for further information and updates!

<http://goo.gl/H7a6MY>

*Physical Education 30%*

*Fitness 30%*

*Health 40%*

## **1. Physical Education:**

**30% of your grade**

20 points for each day the student must:

- Dress out in regulation PE clothing (**both** Leesville t-shirt and athletic shorts or pants) as described and wear sneakers
- 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 and actively engaging in all class activities for the duration of the class	- 10 points
No athletic sneakers	-20 points and <u>no</u> participation in class activities
Cell phone or electronics seen in PE/ Fitness	-20 points

## **2. Fitness**

**30% of your grade**

- Dressing out as described in Physical Education section above
- Fitness logs
- Safely participating with fitness equipment

- Fitness Walk days  
Grading: 6 laps= 100%  
5 laps = 85%  
4 laps = 70%  
3 laps = 50%

\*lap requirement depends on time

## **3. Health**

**40% of your grade**

- Quizzes and Projects
- Class work and homework (if applicable)