

Pine Hollow Middle School Healthful Living Procedures

2016-2017

Ms. Black, Mr. Inscoe, & Mr. Newby

Grading for Healthful Living

- ❖ Combination of Health, PE, and Fitness class
 - 50% - Major assignments (1 Mile, Pacer Test, Health Test/Projects)
 - 40% - Minor assignments (Dress out/Participation, Classwork)
 - 10% - Homework & Other Timed Runs

Class Rules

1. Raise your hand and wait for permission to respond
2. Follow instructions
3. Show respect for yourself, others and classroom materials
4. Arrive on time prepared

Consequences

- ❖ 1st time – in class discipline (redirect the behavior)
- ❖ 2nd time – Parent Contact/discipline per teacher discretion
- ❖ 3rd time – Administration referral (unless first offense is level 3)

PE & Fitness Procedures

- ❖ Please be on time to the gym and enter into the locker room, 5 minutes for dressing out
- ❖ Participation in PE & Fitness requires:
 - **White, grey or black athletic t-shirts and white, grey or black athletic shorts/pants, socks and athletic shoes.**
 - 5 points will be deducted for each day not dressed out or not participating
 - Any missed PE/Fitness grade has to be made up on first available selective day
- ❖ Students who do not dress out are NOT allowed in the locker room.
- ❖ Students are expected to participate even when they do not dress out up until 5th non dress (students will complete an alternate assignment for modified grade)
- ❖ If a student is injured or sick, please send a note explaining the cause of the problem with the dates the student needs to be excused. A doctor's note is needed for an extended illness of more than 2 days.
- ❖ The locker rooms will be locked during the class time.
- ❖ Gym lockers will be provided. PHMS strongly recommends a lock to be used to protect your belongings. Students can use his/her own combination lock, we will not provide a lock. The PE lock and all clothing and/or personal items must be removed every Friday. Locks left on over an extended period of time will be cut off.
- ❖ Physical education equipment must not be touched unless a teacher instructs one to do so. Do not enter the equipment room or leave your assigned area unless told to do so by a teacher.
- ❖ Gum, candy, drinks and food are never allowed in the locker room or gym.
- ❖ Please report an injury to a PE teacher immediately. Parents will be called if necessary according to Wake County policy.

*****PHMS IS NOT RESPONSIBLE FOR PERSONAL ITEMS LEFT or STOLEN IN LOCKER ROOMS*****

The above procedures should be followed for the security and safety of all students in the Healthful Living program. Please read, sign, and return to your Healthful Living Teacher.

Parent/Guardian signature _____ Date _____

Student signature _____ Date _____