

# WYMLA Healthful Living Syllabus

Healthful Living Student: \_\_\_\_\_ Signature: \_\_\_\_\_

Parent name: \_\_\_\_\_ Signature: \_\_\_\_\_

This letter is to notify you of various Healthful Living policies and procedures that are expected of all Healthful Living students. Students are expected to follow all WCPSS and WYMLA RISE behavior expectations.

**HL Expectations** BE ON TIME. BE RESPECTFUL. BE ON TASK. BE WILLING TO LEARN.

## **Healthful Living course grading policy**

30% Physical Education Participation  
30% Health Projects/Tests  
20 % Health Quiz/Classwork/Participation  
20% Physical Education Fitness-Skill assessments

## **WYMLA PE Dress Policy**

The standardized dress is designed for hygiene, supervision and full participation reasons. The colors for gym attire at WYMLA will preferably be WYMLA colors. Students are expected to dress out in “activity attire” each day of physical education activities. The following attire is required:

- a) Sneaker shoes and socks (no shoes with raised heels allowed, or topsiders when outside)
- b) Shorts: Athletic Shorts/ elastic waist or Athletic warm-ups—preferably dark colors (khaki or denim pants/shorts are not allowed)
- c) **“T” shirts**—Preferably plain or with school related graphics & colors (no tank tops, no red/blue clothing).

### **Discipline and Changing Room Policy: Dress in Proper Attire for Identification, Movement and Hygiene**

Students are required to report to the changing room on time. **DO NOT LEAVE** your physical education clothing in the changing room for more than your block. Students will always receive an ample amount of time (combined, nearly twenty minutes) to dress out and should not have a reason for arriving late to their next class. Students will need to take all of their belongings with them each day to ensure the security of their belongings. Any valuables should be left in your hallway locker. I will not “HOLD” your electronic devices or valuables for you during class time.

## **PE/Health Make-up opportunities**

When students miss health assignments, they are encouraged to ask a neighbor and check the website or their course guide to get caught up. In the event that a student misses a test or quiz, this should be schedule to take place during their lunch time the following day or as soon as circumstances allow.

When PE dates are sat out or missed, students will need to visit the class webpage and complete a PE make-up assignment. The assignment must be verified by a parent signature.

## **Test Corrections**

There will be no quiz retakes. When a student does not perform at the expected 80% or higher on tests, students will be required to make test corrections. For corrections, students must choose the correct answer and then explain why the other answer choices are incorrect. This should be done on a separate sheet of paper. Students will only receive partial credit for corrections.

**\*\*ALL students will be encouraged to SELF advocate and use good communication skills with both their instructor and their peers\*\***

I am excited about the upcoming year and I am looking forward to seeing you in class.

Sincerely, Mr. Pettiford