

Healthful Living Student Information Sheet

(Please print legibly; first page turned into your Healthful Living 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 supporting the Positivity Project ☺
2. Disease prevention
3. Fitness and nutrition
4. Alcohol and tobacco
5. 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

1. **Dressing-out.** Students should bring a change of clothes to dress out in for every PE and Fitness class, as we always promote safety and good hygiene.
 - ***Athletic t-shirt*
 - Students should change their shirt for each class for safety and hygiene reasons!
 - ** *Athletic shorts or athletic pants with elastic waist and no zipper*
 - ***Athletic sneakers with laces tied tight or velcro straps (REQUIRED)*
 - “Croc” (of any type), 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**
 - **Students without appropriate sneakers will not be able to participate for safety reasons and will lose all points for the class**
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. 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. Ice only provided for extreme injuries.
5. **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 the bleachers unless specifically directed to do otherwise.
6. **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.
7. **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.
8. **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

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 appropriate clothes for physical activity and must wear appropriate sneakers
- Report to and immediately sit in your correct squad line when directed
- 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 positively participating in all class warm-ups and stretches	- 10 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 Walk days |
| - Fitness logs | Grading: 5 laps= 100% |
| - Safely participating with fitness equipment | 4 laps = 80% |
| | 3 laps = 60% |
| | 2 laps = 40% |
- *lap requirement depends on time

3. Health

40% of your grade

- Quizzes and Projects
- Class work and homework (if applicable)
- Out of school Health projects may be assigned for students to complete during their PE and Fitness rotations and prior to the return to the Health classroom