

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 CLASS. It is also mandatory that each student wear ATHLETIC SNEAKERS at all times. (no crocs, sandals, slides, boots, dress shoes, etc.) for EVERY PE and Fitness class. Participating without shoes is not allowed per Wake County Policy.**

* 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 Procedures

1. **Beginning of class expectations:** Students are expected to enter the gym or Health classroom quietly (level 1 or 0 voice) and on time. Students should immediately report to their squad line (or Health seat) and sit down in their assigned spot while keeping their hands and feet to themselves at all times. Students should remain seated in their assigned squad line spot (seat) until given directions by a teacher. Restrooms are NOT to be used between classes. After class begins, restroom emergencies will be addressed.
2. **Proper PE/ Fitness attire:** Students **must** have athletic sneakers and dress in clothes appropriate for physical activity for every PE and Fitness class.

****Athletic sneakers with laces tied tight or velcro straps (REQUIRED)**

- **NO** “Crocs” (of any type), flip-flops, sandals, dress shoes, Sperry’s, boots, slippers, slip-on sneakers, etc. are to be worn.
 - Participating in bare feet or only socks is **not allowed under WCPSS policy**
 - **Students without appropriate sneakers will not be able to participate for safety reasons and will lose all points for the class for that day.**
3. **Sick or Injured:** Students who are sick or injured should bring a note from home (or a doctor’s note if applicable) to be excused from class without a loss of points and provide a copy to their Healthful Living teacher.
 4. **Injuries DURING class:** If a student is hurt during health/physical education/ fitness class, he/she is responsible for informing his/her teacher before leaving class. Ice only provided for extreme injuries.
 5. **Safety during class:** Students should keep their hands and feet to themselves at all times. Do not hang on basketball nets, rims, pull-up bars or climb on the bleachers. When we are outside it is important to stay off the bleachers and benches unless specifically directed to do otherwise. Please use equipment properly and safely so all students can participate. Use proper form and ask questions if you don’t understand.
 6. **Respect:** Please NO food, candy and gum in the gym. Please respect the gym floor and wear appropriate shoes. When walking from the gym to an outside area it is important for students to walk with their teacher on the appropriate path and refrain from throwing or kicking items (rocks, pinecones, water bottles, etc.) Students should be respectful at all times towards their classmates, peers and faculty.
 7. **No inappropriate language:** Students should refrain from using any inappropriate language regardless of the intent.
 8. **No cell phones or any electronics in PE or Fitness:** Each student should leave these items in a safe area on team or at home. Cell phones and electronic devices should not be in the gym or outside during Healthful Living class.

Health Objectives:

1. Character strengths
2. Disease prevention
3. Fitness and nutrition
4. Dangers of alcohol /tobacco/ drugs
5. Relationships and communication skills

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 a sense of fair play competition.
6. To develop leadership ability and a sense of responsibility

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:

- Dressed in appropriate clothes for physical activity and must wear appropriate athletic sneakers
- Report to and immediately sit in your correct squad line when entering the gym
- 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 (Displaying personal responsibility, integrity, respect, good judgment, self-discipline, perseverance, courage)

2. Fitness

30% of your grade

- Dressing as described in Physical Education section above
- Plan Fitness goals specific to each student and work towards meeting these goals
- Safely participating with fitness equipment
- Fitness Walk/ Jog days

In order to receive a 100% for P.E. or Fitness class each day, you must complete the following:

- ❖ Participating in a positive manner with your best effort for the entire class.
- ❖ Participating in all warm-up and cool down stretches/activities.
- ❖ Participating in all class activities for the entire class.
- ❖ Participating with personal responsibility to follow all of the rules and do your best.

*Unfortunately, not participating in class in a respectful and positive manner due to a lack of proper footwear; having your cell phone; or by being disrespectful in not following directions results in a loss of all points. Sorry!

3. Health

40% of your grade

- Quizzes and Projects
- Class work (includes making up all assignments missed if absent)
- Positively participating in all class activities, discussions and group work
- Respecting the computer lab equipment or classroom space and supplies

*Health classes will be using Google Classroom for assignments