

# **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 (no crocs, sandals, slides, boots, dress shoes, etc.) for EVERY PE and Fitness class and wear a mask for all indoor activities.**

\* 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. **Students must wear their mask correctly over their mouth and nose at all times when indoors (with the exception of a water break on the side of the gym while facing the bleachers and away from others during the designated time).**

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 acceptable**

**- 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, or pull-up bars. 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 to remember other classes are learning and remain quiet.

7. **No cell phones or any electronics in PE or Fitness:** Each student should leave these items in a safe area on team. Cell phones and electronic devices should not be seen 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

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

### **Physical Education Objectives:**

# *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 (integrity, respect, good judgment, self-discipline, perseverance)

## **2. Fitness**

**30% of your grade**

- Dressing as described in Physical Education section above
- Fitness logs
- Safely participating with fitness equipment
- Fitness Walk 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
- ❖ Participating in all warm-up and cool down stretches/activities
- ❖ Participating in all class activities for the entire class

\*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 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

\*Classes will be using Google Classroom