



HMS Physical Wellness Syllabus



Dear Parents/Guardians/Students,

Please take a few minutes to read this very important letter. We are an individual fitness and wellness based physical education program. Our mission is to educate our students to the importance of lifetime activities that promote a healthy lifestyle. Our program is aligned in accordance with the Montana State Standards for Health Enhancement. We believe the emphasis of our program will teach our students to make healthy choices toward lifetime fitness. Thank you for your support and cooperation in helping us achieve the goals for our Physical Enhancement programs so that all students can be successful!

PHYSICAL ENHANCEMENT EXPECTATIONS

One of our goals is to empower our students to make healthy choices and to enhance their own personal fitness level through a wide variety of activities. Our curriculum will encourage students to learn and practice making healthy lifestyle choices so they may live and enjoy a healthy life. We have a wide variety of activities, usually not lasting more than a week or two, to give our students an introduction to many activities varying in aerobic intensity to achieve maximum fitness. Cooperative learning and teamwork are emphasized in our program.

We expect everyone to practice and use the bobcat universals to ensure a healthy atmosphere in our activity areas at all times. The universals are: BE SAFE, BE RESPONSIBLE, BE RESPECTFUL, AND BE A LEARNER. Daily points (5) will be earned for following the bobcat behaviors appropriately. If any of the universals are not followed for any reason disciplinary action will be taken:

- ✓ First offense – Verbal warning and or loss of daily points (1).
- ✓ Second offense – Loss of daily points (2-4 depending on severity of infraction), student ownership (disciplinary action) and parent phone call.
- ✓ Third offense – Loss of daily points (5) and a Referral.

Cell phone policy will be followed as directed by the student handbook. However, no cell phones will be allowed in the locker rooms.

DRESS REQUIREMENTS

For your child to do the best in the activities we feel it's important for them to be dressed appropriately. For hygiene and safety reasons all students are required to bring a separate change of clothes for class. A required set of PE clothes include: a t-shirt (no sleeveless, tank tops, or belly shirts); shorts that fit appropriately, socks and athletic shoes (cros, flip flops, slippers, untied shoes, and wheeled shoes are not permitted). Sweats are recommended for cold weather or if you just feel like wearing sweats. Students should always be prepared for weather changes. If your child forgets to bring a separate set of clothes he/she will participate in their regular clothes but lose daily points. The following discipline actions will be taken for not dressing out: first offense; loss of points, teacher warning, and student will still be expected to participate in the clothes they wore to school, second offense; loss of points, parent phone call, and neighborhood detention, third offense; referral followed by administrative action.

GRADING

Grades will be based on attendance, being prepared for class (dressing out), and bobcat behaviors: be safe, be respectful, be responsible, be a learner. Daily points will be awarded for following the Health Enhancement expectations and universals. If a student is absent they must complete a make-up form signed by a parent/guardian or coach. Make-up forms can be found in the gym or with any of the outstanding Physical Educators at HMS. Failure to return completed absentee work on time will result in loss of credit for the day of absence. Tardies will be assessed by handbook policy and will affect the student's grade.

TO RECEIVE AN "A" YOU MUST:

- **DRESS APPROPRIATELY EVERY DAY**
- **100% PARTICIPATION**
- **PRACTICE AND DEMONSTRATE APPROPRIATE BOBCAT BEHAVIORS (UNIVERSALS)**

LOCKER ROOM:

Students will be required to carry their clothing to and from their school lockers on the days they have Physical Wellness. They will NOT be issued lockers or locks in the locker room. Student's school clothing (Street clothing) will be secured during class time in a locked room. Any clothes left in locker room after class will be put into the lost and found.

EXCUSED FROM ACTIVITY

Parent's notes will excuse the individual for a single day of activity but NOT from dressing out.

Doctor's notes will excuse the individual from activities and dress for the length of time specified on the note.

Please feel free to call if you have question or concerns:

HMS: (406) 324-1000

Mrs. Goebel, Ms. Dalton, Mr. Sieminski, Mr. Hogan

Extra Credit: Please bring a box of Kleenex to class, so they can be used through out the school year.