



# 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.

## GOLDEN RULES OF PE

### **Be What? AWESOME**

- Have fun in whatever you are doing.
- Modify as necessary to make it fun!

### **Use What? INTEGRITY**

- What you do when no one is looking.

### **Work what? HARD**

- You get out what you put in.
- Your working hard will look different than someone else's working hard, and that is fine.

## CLASSWORK/ONLINE WORK

What will turning in assignments look like?

- **In person students**
  - Two assignments per week
    - Assignment 1:
      - Participation for the day that you are at school.
    - Assignment 2:
      - Fitness log of activity for the week. Due on Friday but should be updated daily.
  - Due on Friday using **ONLY the assignment tab in TEAMS**

- **Online only students**
  - Two assignments per week (both assignments due on Friday)
    - Assignment 1:
      - Choice square (required **NO** substitutions)
        - Turned in using **ONLY the assignments tab in TEAMS**
    - Assignment 2:
      - Fitness log of activity for the week. **Due on Friday but should be updated daily.**
        - Turned in using **ONLY the assignments tab in TEAMS**

## **DRESS REQUIREMENTS**

### **Locker rooms**

- We will **NOT** be using locker rooms this year.

### **Appropriate dress**

- On PE days students should wear active wear.
- We are planning on having class outside for the year.
  - Dress appropriately for the different seasons.
    - Wear correct clothes for the changing of the seasons.
    - If it is **COLD** outside, please wear **COLD WEATHER CLOTHES** as we will be going **OUTSIDE**.

## **GRADING**

**Grades will be updated each Wednesday.**

### **10 points for Assignment #1**

- In class students will do this during class
- If your student is **absent** student will perform this activity online and **submit assignment to the assignment tab in TEAMS**

### **5 points for Assignment #2**

- Fitness log will be turned in every **Friday** using the **assignment tab in TEAMS**

### **Office Hours**

Wednesdays: 10:00-12:00pm

Monday, Tuesday, Thursday, Friday: 2:10-3:00

This is the time set aside each day for students to get immediate feedback from us. We will check our email, Teams, and phones frequently during this time. We will also be available for video chat in Teams for individualized needs.

## **EXCUSED FROM ACTIVITY**

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

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

*\*\*If the individual sees a doctor, have the doctor **fax** an order to 324-1001 Attn: Nurse.*

Please contact the Nurse's Office for an excusal or questions. 324-1016 [wkowalski@helenaschools.org](mailto:wkowalski@helenaschools.org)

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

HMS: (406) 324-1000

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

**This is the student's first grade; they must submit this TYPED SIGNATURE PAGE acknowledging that you and your student understand class expectations.**

Student Name \_\_\_\_\_ Teacher \_\_\_\_\_

Period \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_