

HELENA HIGH SCHOOL PHYSICAL ENHANCEMENT



Helena High School Freshman Physical Education

Course Description: Freshman Physical Education is a full year, one credit class that is required for high school graduation. The class is designed to provide students learning opportunities to improve their overall health and well-being through participation in a variety of dance, fitness, sports and recreational activities. Teams will be used for online learning days so make sure you are familiar with the platform.

Please be aware this syllabus may change due to Covid and certain restrictions. You will be given updates when changes are made.

~ FRESHMAN PHYSICAL EDUCATION EXPECTATIONS ~

BE RESPONSIBLE

Dress Out: Students will not be assigned gym lockers. Students are required to wear appropriate clothing to exercise in. Clothes are available to borrow when needed. Students who are not dressed to participate will be given an alternative assignment. Physical education involves activities that students are required to dress appropriately for in order to participate safely in class. Athletic shorts or sweats, crew neck t-shirts with sleeves, and tennis shoes that tie and have heel supports. **No sandals, slippers, flip flops, boots, ropers or crocs.** Clean workout clothes are available on a limited basis if students forget their clothes.

Use your PE locker: No PE Locker at this time.

Make up all absences: Students are responsible for any make-up work if they are absent. Make up consists of completing a 30 minute workout for each day missed. Students must complete a make-up slip and return it within **seven day of the absence** with a parent or coach's signature in order to retain your points for the day(s) missed.

Unexcused absences may NOT be made up

Medical/Alternative Assignment: Students with an injury or illness may be excused from participating in physical education class upon receipt of a written parental request for up to two calendar days. Students will be assigned written assignment in order to receive credit. Please refer to the attached Medical Excuse for Physical Education for non-participation lasting more than two days. It is the student's responsibility to report all injuries and illnesses and to complete the medical excuse form.

Be on Time: Students have two minutes to put their belongings in the locker room and line up in their attendance area. Wash your hands and/or use hand sanitizer before coming to class.

Cell Phones: During PE, the school-wide cell phone policy will be followed. Cell phones are **NOT to be used during class time** unless approved for use by a teacher. Students will receive one warning if a cell phone is being used in class. On the second offense, students will be asked to

turn their cell phones into the office. Leave cell phones in backpack.

Online Obligations: Check your school email and Teams daily. Weekly agendas and homework will be posted to Teams on Mondays. Check Power School frequently to ensure you do not have any missing assignments.

BE INVOLVED

Prepare to complete Physical Enhancement five days per week.

Participate to the best of your ability in all warm-ups, fitness activities and games.

Motivate yourself to improve your health, wellness, and physical condition.

Engage in all face to face and online instruction.

BE RESPECTFUL

Use equipment appropriately.

Follow rules, be fair and play honestly.

Accept the diverse abilities of classmates.

Support and encourage classmates to improve skills.

Conduct yourself in a safe and productive manner at all times.

BE A GRADUATE

A passing grade in Freshman PE is required to graduate from HHS. A variety of assessment techniques are used to determine your final letter grade. A combination of teacher observation, self-assessment, heart rate monitor data and written assignments and tests will be incorporated into your grade. Students have the opportunity to earn 5 points per class period. Letter grades will be assigned according to the following percentages.

100 - 90	A	69 - 60	D
89 - 80	B	59 or less	F
79 - 70	C		



CONTACT INFORMATION

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By signing below, the student and parent/guardian acknowledge and agree to the Freshman Physical Education expectations and requirements. Please return the bottom portion to your PE teacher.

Student Name (PRINTED): _____

Student Name (SIGNED): _____ Date: _____

Parent/Guardian Name (PRINTED): _____

Parent/Guardian Name (SIGNED): _____ Date: _____