

CR Anderson 6-8th Grade Physical Wellness
2025-2026

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COURSE DESCRIPTION AND STANDARDS:

In accordance with the Montana K-12 Health Enhancement Content Standards, the goal of CR Anderson Physical Wellness is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

A physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle.

GOALS

Students will be able to...

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge concepts, principles, strategies, and tactics related to movement and performance.
- Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

REQUIRED MATERIALS

- On days they have PE, students need to come prepared wearing clothes they can comfortably move in. **They MUST wear appropriate footwear every day for PE.**
 - **Shoes: Athletic shoes with laces that can be tightened and stay tightened.** NO hiking boots, cowboy boots, snow boots, sandals, flip flops, crocs, or slip on shoes will be allowed in order to care for our gymnasium floor and to ensure the safety of our students.

GRADING POLICY

- Quarter grades will be calculated using total points. Semester grades will be calculated by averaging the two quarters' grades together.
- Students will receive a daily physical education grade worth **5 points for every day** they have PE. The breakdown of the 5 points is as follows:
 - **3 points: Preparedness/Participation**
 - Preparedness:

- Students are expected to wear proper footwear.
- Students are expected to bring all materials that will be needed for class.
- Students are expected to be on time.
- Participation:
 - Students are expected to demonstrate consistent effort and are not graded based on skill level or athleticism. They are expected to give their best regardless of experience or interest level for each activity. This includes any activities we may do in the gym, outside, in the weight room, or in the fitness lab.
- **2 points: Attitude/ Respect/ Sportsmanship**
 - Students are expected to demonstrate appropriate behavior, positive attitude, and respect for teachers, peers, and the classroom environment. Proper care of equipment and fitness room machines is a requirement. Good sportsmanship will be expected of all students. Talking poorly towards or about other students will not be tolerated.
- Short quizzes and written assignments may also be taken for a grade.

GRADING SCALE

Percentile	Letter Grade
93-100	A
90-92	A(-)
87-89	B(+)
83-86	B
80-82	B(-)
77-79	C(+)
73-76	C
70-72	C(-)
67-69	D(+)
63-66	D
60-62	D(-)
<60	F

ABSENCES AND MAKE-UPS

- If students are absent for a PE day, they will receive a 0 out of 5 score for their daily point grade. To earn the points that were missed during the absence, students will need to complete a **PE MAKE-UP SLIP**.
 - Students will pick a slip up from their teacher, complete 30 minutes of an approved physical activity on their own time, have a parent/guardian or coach sign off on the completion of the activity.
 - Turn the slip back into the teacher **before the end of the current quarter**. NO late work will be accepted after the end of each quarter.
- Grades will be adjusted in the grade book to reflect on-time make up slip turn ins (students will receive 5 points for the day they missed.) If students fail to turn in a make-up slip, the students' grade will remain a zero in the gradebook.

CLASS EXPECTATIONS AND PROCEDURES

CLASS RULES

- **Respect yourself, equipment, and others.**

This means:

- Listening when others are talking and respecting classmates and teachers.
- Keep your body safe and in control.
- Speaking kindly to everyone in class.
- Following the directions of the activity.
- Do not use equipment until asked to do so.
- Treat equipment with care.
- **Come to class prepared with proper shoes and class materials.**
- **Play fairly and with good sportsmanship.**
- **Have fun, work hard, and try your best!**

FITNESS TESTING

- Students will be required to participate in fitness testing to test various components of physical fitness at the beginning and end of each school year. We will NOT be taking height and weight measurements of our students. These fitness tests are administered across the district and help teachers gauge student progress. These tests will include:
 - Push-ups
 - Curl-ups
 - Sit and Reach
 - Pacer test
 - Timed mile

INJURIES AND DOCTORS NOTES

- **A parents note will excuse a student from ONE day of physical education. After that, a doctor's note is required to excuse the student from participating in PE class.** When requesting a doctor's note, please ask the provider to include activities the student CAN do to help keep the student engaged in physical activity. If the doctor's note completely excuses participation, the student may be given an alternate assignment (Journal Entry, Book Report, Current Events in Sports, Health/Fitness Regimes, History of the Games, etc.) to earn their daily point grade.

CELL PHONES and HEADPHONES

- Cell phones and headphones for music are not to be brought out during class time unless instructed/given permission beforehand by your teacher. Discipline regarding cell phone use corresponds with the school policy outlined in the school handbook.

MISCELLANEOUS

- We highly encourage students to bring a reusable water bottle to use during class time.

COMMUNICATION AND PARENT ENGAGEMENT

- An overview of units taught can be viewed on your teacher's school website by clicking on the "PE Year at a Glance" document.
- Access to student grades can be done through PowerSchool.
- Please feel free to reach out with any questions and concerns throughout the school year using the contact information at the top of this syllabus.

IMPORTANT DATES

- **Aug. 27th**: WEB day 6th grade, 6th grade Open House
 - **Aug. 28th**: First Day of School for 6th-8th
 - **Sep. 4th**: 7th and 8th grade Open House
 - **Sep. 26th**: Midterm Quarter 1
 - **Oct. 7th & 9th**: 6-8th grade Parent Teacher Conferences
 - **Nov 3rd**: Start of Quarter 2
 - **Dec 8th**: Midterm Quarter 2
 - **Dec 22nd-Jan 2nd**: Winter Break- No School
 - **Jan 23rd**: End of Semester 1
 - **Jan 27th**: Start of Quarter 3
 - **Jan 28th and 29th**: 6th and 7th grade Parent Teacher Conferences
 - **Feb. 26th**: Midterm Quarter 3
 - **April 6th**: Start of Quarter 4
 - **May 6th**: Midterm of Quarter 4
 - **June 9th**: Last Day of School
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Please have a parent/guardian sign this syllabus to confirm that they have read and understand the expectations for physical education class. Cut along the dotted line above. Keep the syllabus and return your signed slip to your teacher by:

Student Name: _____ PE Period _____ A or B day(circle one)

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____ Date: _____