



## **Freshman-Physical Education**

**Instructor(s):**

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**Room:** Gym

**Days:** M-F

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**Course Description:**

Freshman physical education is a full year, one credit class that is required for high school graduation. This class is designed to provide students learning opportunities to improve their overall health and well being through participation in a variety of fitness, sports, rhythmic and recreational activities

**Course Objectives:**

- To educate and inform students of the importance of achieving and maintaining a healthy lifestyle.
- To learn and incorporate dynamic body movements in a variety of forms
- To promote an enjoyment for lifelong physical fitness
- To provide a safe and fun learning environment.

**Class Expectations:**

- Be prepared for class. Have necessary materials (Shoes etc....)
- Be respectful to me as well as to your other classmates
- Be on time!
- Choose the right attitude each day
- Give your best effort
- Have fun

**Failure to comply with these rules will result in the following:**

- Warning
- Loss of daily points
- Referral to Administration

\*Consequences may vary depending on the severity of the action.

**Grading:**

90-100% = A  
80-89% = B  
70-79% = C  
60-69% = D  
59-Below = F

**Daily points: \*\* Based on a 5-4-3-2-1-0 Scale**

Each class students will be graded using a five-point system. 5 would indicate that a student performed up to standards (i.e., dressed out, participated, followed directions... no verbal warnings about behavior...) 0 would indicate that a student has not performed at all during the period (i.e., refusal to participate...) or student was absent from class for the period. Grades will be updated by Tuesday of each week, please view these in PowerSchool.

**Make up-Work:**

If a student misses a class with an excused absence, points may be earned back by participating in the following: 1) The student is involved in a physically activity/school sport and the corresponding coach signs off on make-up Sheet. Or 2) 30 minutes of physical activity is done at home and parent/guardian signs off on make-up sheet. Students have 1 week to make up absence. Multiple absences for medical or family will be visited on a case-by-case basis.

**Dress policy and Locker room:**

Students will not be required to dress out for physical education, however, the practice of having workout clothes separate from those worn to school is recommended. Athletic type footwear will be required for participation. Open toed sandals, boots, slides etc... will not be permitted. In instances of improper footwear, students will have an opportunity to use community shoes found in each locker room. Lockers will be used to store backpacks and materials **Locks will be provided by the school. (Key locks are available upon request or at instructor discretion) It is the student's responsibility to keep the lock on the locker and locked at all times. Losing a lock will result in a \$8 fine.**

**Attendance:**

Attendance will be taken at the beginning of each class period. It is imperative that the students' attend class to interact with the given material. This is a participation-based class, students need to be in attendance to fully complete the curriculum.

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Parents:

I feel it is important that you take an active role in your child's progress towards being physically active. It is my goal to give your child the tools necessary to find and maintain active enjoyment through physical activity. If you have any questions or concerns pertaining to this class, please feel free to call or email (preferred method of contact) Please let me know if there are any health concerns, I should be aware of. I am asking that each student share the syllabus with their parents/guardians, I believe this will foster a shared understanding of the policies and procedures. Please read, sign and share any concerns. Thank you for your participation and time in viewing.

Health Concerns: \_\_\_\_\_

Parent signature: \_\_\_\_\_

