



# 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.

### **Be your BEST!**

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

## **DRESS REQUIREMENTS**

### **Locker rooms**

- We encourage students to dress out each day. This is great personal hygiene practice. However, they will not be graded on dressing out.

### **Appropriate dress**

- On PE days students should wear active wear.
- This includes: a t-shirt or long sleeve shirt that covers the waistline, a sweatshirt for the chillier days outside, athletic shorts or sweatpants of appropriate length, and shoes that lace up.

### **GRADING**

**Grades will be updated regularly**

#### **Grading:**

- Each class is worth 5 points.
- Students will be graded based on their participation level for each of the daily learning targets.
- If **ABSENT**, please see your teacher upon your return.

#### **Phones:**

- Phones are **NOT** to be in the gym **AT ALL**. Please leave phones off and in lockers **BEFORE** coming to PE class.
- If a student brings their phone to class, we will take them to the office as per school protocol.

### **EXCUSED FROM ACTIVITY/MEDICAL NEEDS**

Parent's notes will excuse the individual for a single day of activity.

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

Inhalers: Please check in with the nurse regarding inhalers and medical needs.

Please contact the Nurse's Office at 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