

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 on 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 Health Enhancement programs so that all students can be successful!

HEALTH ENHANCEMENT EXPECTATIONS

Our goal 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 AWESOME

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

Use INTEGRITY

Do the right thing when no one is looking.

Give My BEST

- Participate at your highest level.
- Work within your target heart rate zone.

NO PHONES are permitted to be with students during PE class unless they have medical permission. Please leave phones off and in lockers BEFORE coming to PE class. If students have phones during class, we will take the phone to the office as per school protocol.

DRESS REQUIREMENTS

Locker rooms will be available for changing out purposes

Students are allowed to show up to class already dressed in appropriate attire. We do encourage students to at least change shirts after class. If a student does not show up with appropriate attire the student must change into appropriate attire in the locker room within the first 3 minutes of class. Change out after class within 3 minutes in the locker room. *We will have extra clothes to borrow if needed.*

Dress out is required:

Athletic clothes

- Hoodie/Sweatshirt
- Sport shorts
- Short or long sleeve shirt that covers all the torso
- Leggings
- Sweats

Shoe attire

- Shoes that tie

GRADING

Grades will be updated each Monday.

Grades will be based on meeting the 5 standards below each day. ***Dressing out may affect the students' grade on each standard.*** For example, if a student doesn't wear the appropriate attire it may result in him/her not reaching multiple standards for the day.

- **Physical Education Standard 1** *Demonstrate competency in a variety of motor skills and movement patterns*
- **Physical Education Standard 2** *Apply knowledge of concepts, principles, strategies and tactics related to movement and performance*
- **Physical Education Standard 3** *Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness*
- **Physical Education Standard 4** *Exhibit responsible personal and social behavior that respects self and others*
- **Physical Education Standard 5** *Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction*

The full standards are listed below

https://opi.mt.gov/Portals/182/Page%20Files/Health%20&%20Physical%20Education/16JulyHEStandards_OverviewTable.pdf

Absent make up:

If a student is absent, please see your teacher upon return to make up assignments.

EXCUSED FROM ACTIVITY/MEDICAL NEEDS

Parents' 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

Please feel free to call if you have questions or concerns: Main office is HMS: (406) 324-1000 or email using our teacher emails. Mrs. Goebel, Mr. Hogan, Mr. Murgel