

## LIFE TIME SPORTS SYLLABUS



Mr. Broadhead

### FEES

Due to the cost of bus trips and the cost of activities, this class does have a mandatory fee of **\$100** (Ski Trip is NOT included). **Class fee must be paid by September 29<sup>th</sup> in order to participate in class trips**, or talk to me about a payment plan by this date. Fee must be paid by the end of the year. Price is adjusted for free-and-reduced lunch students.

If you need to set up a payment plan please come and talk to me privately. Examples are **\$50 per semester** or **\$25 per quarter**.

### *Bengal Expectations*

#### *Be Respectful*

Be a positive addition to the classroom and learning environment. Students are expected to follow all class procedures and to treat others and equipment with respect. Treat others the way you want to be treated including students in other classes and all staff members. Cell phones and other electronic devices are not allowed in class without teacher approval. No food or drink in the gym except for water bottles. Classroom or behavior problems will be handled using the following procedures...

#### Classroom Management

**1<sup>st</sup> incident-** The student will be given a warning and will be expected to redirect.

**2<sup>nd</sup> incident-** The student will meet with me after class to discuss a plan to positively correct their behavior. The student will receive 0 points that day.

**3<sup>rd</sup> incident-** The student will be sent to the office to meet with their administrator to discuss further consequences. Parent(s) will be contacted and a meeting with the teacher and administration will be scheduled if needed. Student will receive a 0 for the day.

**Severe-** Student will be sent immediately to the office to meet with administrator. Parent(s) will be contacted. Student will receive a 0 for the day.

#### *Be Responsible*

Students are responsible for completing, to the best of their abilities, the activities completed in this course. Students are responsible for any make-up work if they are absent. A student may make-up an **excused** absence and receive full points if they complete the following for absences 1-5:

- Get a make-up sheet from me and complete 30 minutes of activity outside of class time
- Fill out the sheet completely and have an adult who witnessed the activity sign it
- Turn the sheet back in to me within 7 days
- Absences 6-10 must be made up with me before or after school within 7 days

**\*Unexcused absences may NOT be made up\***

If you are **absent for more than 10 days or gone for an extended period of time**, it is your responsibility to meet with me and discuss options for making up your points (you may be required to do a research assignment for the unit you have missed)

#### Dressing Out

Physical education involves activities that students are required to dress appropriately in order to participate safely in class.

You are required to follow the HHS PE Dress Code- athletic shorts or sweats, t-shirts with sleeves, and tennis shoes that TIE and have back support (no boots, flip flops, sandals, ropers or crocs). Clean workout clothes are available on a limited basis if students forget their clothes. **STUDENTS MUST DRESS OUT.** Students who refuse to dress out are considered insubordinate and will be asked to go to the office to meet with an administrator. ALL points will be lost for the day.

**\*Days we do not dress, you may still be required to wear tennis shoes. Check the whiteboards to see what we are doing each day**

### Be on Time

You are tardy if you are not in the locker room when the tardy bell rings or in line for roll when attendance is taken. You have 5 minutes to dress out after the tardy bell rings. If you are tardy, be sure to let me know when you get to class or you will be marked absent. If you are more than five minutes late, it is considered an absence and you will be sent to the attendance office.

### Be Involved

You are expected to cooperate and participate with all physical education instructors and participate to the best of your ability in each activity we do including: warm-ups, games and primary units/trips. Also, if you are having problems with anything in class, it is your responsibility to ask questions or bring the issue to my attention. I do not expect you to be an expert in any of the activities that we do, but I do expect your best effort.

**\*Medical\*** A signed **medical professional's note** is required if a student is unable to participate or has limited participation for more than 3 or more days. Inability to participate or limited participation lasting more than 2 weeks will be evaluated by an administrator. Attached to this syllabus is an example of the HHS PE Medical Excuse form that needs to be filled out by the student/parent or guardian if the student is medically unable to for a period of time longer than 2 days. \*\*\*If you are injured during class, I need to be informed immediately.

### Be a Graduate

Your grade in this class is your responsibility. I do not assign grades, YOU earn them. Each day will be worth 5 points with quizzes and field trip days being worth more points. To get all of your points, you must follow the expectations listed above. Additionally, there will be written examinations at the end of the semester and following each of our major units. \*\*\*An example of the PE grading rubric is attached to this syllabus.

**100%-90% of total points= A**

**89%-80%= B**

**79%-70%= C**

**69%-60%= D**

**59%-0%= D**

### Locker Room

Each student is issued a locker and a lock. It is the student's responsibility to keep their belongings locked up. **Teachers are not responsible for lost or stolen items.** Locker room rules are posted in the locker room. There is an \$8 fine for any lost or broken locks.

### Activities

Listed here are examples of the activities that may be taught during this course.

Archery Volleyball Golf Folf Basketball Ultimate Frisbee Wilderness Survival/Hiking  
Trap Shooting Skiing Tennis Lacrosse Bowling Snorkling Snowshoeing Fly Fishing

**\*\*\*This year I will be showing a documentary film called Meru in class. This film is rated R for brief profanity. It is a film about mountaineering/climbing that ties in well with our climbing unit. The film is not mandatory, if you do not feel comfortable watching this film, I need to know ahead of time in order to provide an alternative assignment.**

### **Field Trips**

During this class, we will take a number of different field trips. Trips will range in length from a class period to all day. There are numerous people in the community and surrounding areas that donate their time, effort, and equipment for this class. It only takes one person to end any of the trips we get to go on. During these trips, you represent this class and Helena High. There is a **zero tolerance policy for inappropriate behavior while we are on the bus or in the community**. First Student Bus Company has a rule that all students must be buckled up while on the bus...If you cannot abide by this rule, you will not be allowed to ride the bus. If you cannot handle yourself (i.e. being respectful to classmates and instructors, using equipment properly, etc...) you will not be allowed to take trips outside of school. An alternative assignment will be provided. **For half day or all day trips, students will be required to complete a homework check with their other teachers in order to get any homework needed for the class time they will miss. You need to show this to me before we leave for our trip.**

**\*\*\*IF YOU MISS A TRIP OR MISS THE BUS, YOU ARE STILL REQUIRED TO COME TO CLASS and will need to dress out and participate with the sub. Typically, you will do some form of fitness during class with the sub. If you miss during a one period trip (i.e. bowling) you will need to go and sit in the office until class is over.**

**\*\*\*Disclaimer: In the event we cannot secure funding for bus trips, students will be asked to provide their own transportation to off campus trips. They will be responsible for driving themselves or carpooling with classmates. Those who cannot provide their own transportation will be asked to go to the office and an alternative assignment will be provided. By signing this document, you are willingly agreeing to the transportation policy if such a change is deemed necessary due to funding issues during the school year.**

### **Broadhead's Rules for LTS**

- 1. HAVE FUN!**
- 2. Act like a Junior/Senior!**
- 3. Give your best Effort!**
- 4. Keep an open mind about every activity...Participate in what we are doing!**
- 5. Don't complain about what we are doing in class!**

I look forward to working with you during this course. If you have any questions please contact me at **324-2354** or email me at [dbroadhead@helenaschools.org](mailto:dbroadhead@helenaschools.org)

Go Bengals!

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RETURN THIS PORTION TO CLASS BY \_\_\_\_\_

I HAVE READ THIS SYLLABUS AND UNDERSTAND HOW THE CLASS WILL BE MANAGED.

PERIOD \_\_\_\_\_

DATE \_\_\_\_\_

STUDENT NAME (PRINTED) \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_

PARENT(S) OR GUARDIAN(S) SIGNATURE \_\_\_\_\_

HELENA HIGH SCHOOL PHYSICAL ENHANCEMENT

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