



## *Helena High School Sophomore PE Syllabus*

**COURSE DESCRIPTION:** The emphasis of this class is to expose students to lifetime activities, along with a variety of individual and team activities. All students will complete five major units including: archery, fishing, knots and rappelling, air rifles, and dance. Fitness is developed and assessed throughout the semester through a wide variety of planned activities (i.e. heart rate monitors, Fitness testing, and a variety of planned activities and workouts). Students will also participate in a number of individual, group, and team games. This course follows the same common expectations that are standard for all Helena High School HP courses. Teams will be used for online learning days so make sure you are familiar with the platform.

**Please be aware this syllabus may change due to Covid and certain restrictions. You will be given updates when changes are made.**

### INSTRUCTORS:

Mr. Kimball

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406-324-2357

Ms. Kusler

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### **Bengal Expectations**

#### **BE RESPONSIBLE**

Students are responsible for completing, to the best of their abilities, the activities in this course. **Students are responsible for any make-up work if they are absent.** Make up consists of completing a 30 minute workout for each day missed. Students must complete a make-up slip and return it within **seven day of the absence** with a parent or coach's signature in order to retain your points for the day(s) missed.

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

#### Dressing Out:

Students will not be assigned gym lockers. Students are required to wear appropriate clothing to exercise in. Clothes are available to borrow when needed. Students who are not dressed to participate will be given an alternative assignment. Physical education involves activities that students are required to dress appropriately for in order to participate safely in class. Athletic shorts or sweats, crew neck t-shirts with sleeves, and tennis shoes that tie and have heel supports. **No sandals, slippers, flip flops, boots, ropers or crocs.** Clean workout clothes are available on a limited basis if students forget their clothes.

#### Be on Time:

Students have two minutes to put their belongings in the locker room and line up in their attendance area. Wash your hands and/or use hand sanitizer before coming to class.

#### Cell Phones:

During Sophomore PE, the school-wide cell phone policy will be followed. Cell phones are **NOT to be used during class time** unless approved for use by a teacher. Students will receive one warning if a cell phone is being used in class. On the second offense, students will be asked to turn their cell phones into the office. Leave cell phones in backpack.

Online Obligations: Check your school email and Teams daily. Weekly agendas and homework will be posted to Teams on Mondays. Check Power School frequently to ensure you do not have any missing assignments.

**Medical/Alternative Assignment:** Students with an injury or illness may be excused from participating in physical education class upon receipt of a written parental request for up to two calendar days. For non-participation lasting more than two days, it is the student's responsibility to fill out a Medical Excuse for Physical Education form and turn it in to their teacher.

### BE INVOLVED

**Prepare** to complete Physical Enhancement five days per week.

**Participate** to the best of your ability in all warm-ups, fitness activities and games.

**Motivate** yourself to improve your health, wellness, and physical condition.

**Engage** in all face to face and online instruction.

### 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, will lose points, and will be expected to redirect.

**2<sup>nd</sup> incident-** The student will meet with the instructor after class to discuss a plan to positively correct their behavior. The student will receive 0 points that day. Parents will be contacted if needed.

**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 A GRADUATE

Your grade in this class is your responsibility. We do not assign grades, YOU earn them. Each day will be worth 5 points. To get all 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.

**100%-90% = A**

**89%-80% = B**

**79%-70% = C**

**69%-60% = D**

**59%-0% = F**

### Activities

Volleyball	Basketball	Dance	Ultimate Frisbee	Softball	Fitness
Badminton	Pickleball	Archery	Fishing	Air Rifles	Rappelling

**Fitness Testing:** Fitness testing is required by the Helena School District and serves as a very valuable tool for the student, teacher, and parents to see progress throughout the year in physical fitness. At Helena High we utilize the Fitnessgram testing and you may use the following link to access information regarding these tests: <http://www.fitnessgram.net/faqs/parents-faqenglish>.

If you have any questions, please contact your student's instructor.

Go Bengals!

**By signing below, the student and parent/guardian acknowledge and agree to the expectations and requirements. Please return this page to your instructor.**

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Student Name (PRINTED): \_\_\_\_\_

Student Name (SIGNED): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (PRINTED): \_\_\_\_\_

Parent/Guardian Name (SIGNED): \_\_\_\_\_ Date: \_\_\_\_\_

Please indicate any medical conditions or physical limitations you feel your instructor should be aware of:

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