

*Helena High School Physical Education*

*Freshman Personal Wellness*

**Course Description: Freshman** Personal Wellness is a yearlong, one credit class that is required for high school graduation. The class is designed to provide students with learning opportunities to improve their overall health and well-being through participation in a variety of fitness, sports, and recreational activities. Fitnessgram fitness testing is used to assess health related fitness. Heart rate monitors are used to monitor exercise intensity.

**~ FRESHMAN PERSONAL WELLNESS EXPECTATIONS ~**

* **BE RESPONSIBLE**

**Online Obligations:** Check your school email and Power School frequently.

**Dress to Work out**: Students are required to dress out daily for Personal Wellness. Students will be assigned a gym locker and a combination lock to store their PE clothes. Students must wear appropriate clothing to exercise in ~ crew neck t-shirt with sleeves – t-shirt length covers the top of the shorts, short length that covers the gluteal area or sweats, and athletic shoes. Hats are to be left in the student’s locker. **Street shoes are not allowed on the gym floor.** Students’ clothing must allow for safety and performance of movement and provide for modesty. Clothes are available to borrow when needed. Students who are not dressed appropriately to participate in PE class will be given an alternative assignment that must be completed to receive daily credit. Repeated refusal to dress out for PE is considered insubordinate behavior and students will be referred to their administrator

**Be on Time:** Students must be in the locker room when the tardy bell rings. They have five minutes to change into their PE clothes, put their backpacks away and go out to their attendance area. If a student is more than five minutes late, it is considered an absence and they are required to go to the attendance office for an admit slip.

**Make up** **Absences:** Students have **one week** to make up excused or school related absences. If you miss a workout day when HR monitors were utilized, you must make up the workout using a heart rate monitor. The first through fifth absence, you must complete a physical activity make-up form and return it to the teacher within one week. For the sixth through the tenth absence, you must complete a supervised make-up with your teacher within one week of absence.

**Medical/Alternative Assignment:**  Students who are at school and unable to participate in PE class will be given an alternative assignment which must be completed to receive credit for the day. Students with extended absences due to injury, illness or travel will also be given an alternative assignment to receive credit.

 **BE INVOLVED**

**Participate** to the best of your ability in all warm-ups, fitness activities and games. **Always** give your best effort. Students are expected to improve their fitness levels!

**Take ownership** of your health and physical activity. Heart rate monitors will be utilized to monitor exercise intensity.

**Motivate** yourself to improve your health.

 **BE RESPECTFUL**

**Use** equipment appropriately.

**Follow rules**, be fair and play honestly.

**Accept** the diverse abilities of classmates.

**Support** and encourage classmates to improve skills.

***Per the Student Code of Conduct 8.0, cell phone use is not permitted during class and students may not wear earpieces. Phones remain in lockers.***

## Checkmark with solid fill BE A GRADUATE

A passing grade in Freshman PE is required to graduate from HHS.

**Daily Assessment:** Students can earn a daily participation grade of five points based on the following criteria:

1. Engaged in the warm-up and correctly executes movements.
2. Consistently participates to the best of their ability.
3. On task 100% of class time
4. Cooperative and includes and helps other students.

**Fitnessgram Assessment:** Students earn points for completing each of the five fitnessgram tests – mile run or pacer, curl-ups, push-ups, flexibility, and height /weight

**Written Tests:** Content knowledge of the Five components of Fitness, FITT Principle and the major muscle groups will be assessed quarterly through written tests.

**Semester Tests**: Tests are administered on assigned testing dates

100 – 90 A

 89 - 80 B

 79 - 70 C

 69 - 60 D

 59 or less F

CONTACT INFORMATION 

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**By signing this form, the student and parent/guardian acknowledge and agree to the Freshman Physical Education expectations and requirements. Please return the bottom portion to your PE teacher.**

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

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

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

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

Please share anything you think I may need to know to help you be successful in this class.

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