*Helena High School Sophomore PE*

**Course Description:** Sophomore Physical Education is a one semester, .5 credit class that is required for high school graduation. The class is designed to expose students to lifetime, recreational activities along with providing students 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

**~ Sophomore Physical Education 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 Sophomore PE. 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. Cell phones remain in the locker room.***

**• BE A GRADUATE**

A passing grade in Sophomore PE is required to graduate from HHS. A variety of assessment techniques are used to determine your final letter grade. A combination of teacher observation, self-assessment, heart rate monitor data and written assignments and tests will be incorporated into your grade. Students can earn 5 points per class period. Heart rate monitor workouts are worth 10 points. Letter grades will be assigned according to the following percentages.

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100-90 A

89 - 80 B

89 - 80 B

79 - 70 C

69 - 60 D

59 or less F

CONTACT INFORMATION

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*Helena High School Sophomore PE*

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**By signing below, the student and parent/guardian acknowledge and agree to the Sophomore 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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