**ECMS Healthful Living Syllabus**

**Physical Education:**

**Dressing Out:**

**1**. Students will be given 5 points daily for changing their clothes into the appropriate ECMS attire. All students are required to wear athletic shorts, t-shirt, shoes or any ECMS spirit wear. When going outside during colder days, students will be allowed to wear sweatpants and/or a sweatshirt over their PE clothes. Volleyball, cheerleading, Soffe style shorts, and tank tops are not acceptable. We will enforce the WCPSS dress code policy. The minimum length for all gym shorts must reach down to your fingertips when arms are fully extended at ones side.

**2**. Students may want an extra pair of shoes for going outside. Often, especially during the morning, the grass may be wet. Sandals, flip flops, and Sperry style shoes are not permitted in PE.

**3**. Necklaces and “dangling” earrings are not to be worn in PE. This is a safety hazard.

**Participation:**

**1**. Students will be given 15 points daily for their participation during PE. All students are expected to participate to the best of their physical abilities. All conditioning exercises, running and fitness assessments must be completed.

**2**. If you have a health problem that prohibits your full participation in PE, you must have documentation from your doctor stating your problem and your limitations. If you are not allowed to participate in PE for 3 consecutive days, and alternative assignment may be given.

**3**. Students who come to PE and are sick or injured and not participating during that class period must have a parent note. Only 1 note per 9 week grading period is permitted. For an extended time, a doctor’s note is required.

**4**. Students will be graded on various fitness and/or cardiovascular assessments. This may include the mile run, pacer test, 12-minute jog, push-ups, sit-ups, and sit and reach.

**PE Rules:**

**1**. Be on time for class! Students will be given an additional four minutes after the bell rings to report to the gym. Students will receive a silent lunch after the second tardy per semester.

**2**. No gum, food, or drinks with the exception of bottled water is allowed in the gym.

**3**. Students are required to bring a combination lock EVERY day (no key locks) to PE in order to secure his/her belongings during class. Lockers are on a first come first serve basis, but each student will be guaranteed a locker each day. Students are asked to take home their lock and belongings at the end of each day and bring them back the following day. Physical Education teachers are not responsible for lost or stolen items. **PLEASE NO CELL PHONES**

**4**. No student is allowed to leave the activity site without the teacher’s permission. Leaving the designated area without permission is considered truancy.

**5**. When entering the gym or field, do not play with equipment. Respect the gym, fields and equipment at all times. When walking to the outside fields, do not throw rocks.

**6. Tardies-** Students will be disciplined according to the ECMS tardy policy.

**Absences:**

1. Students who are absent from class MUST complete a “PE make-up slip” in order to receive his/her points for that day. These can be found on each PE teacher’s blackboard site. Students are asked to complete 30 minutes of physical activity outside of PE class and have it signed by a parent, coach or instructor.

**Grading:**

20 Points daily includes the following crtiteria:

10 points- Participation

5 points- Warm-up

5 points- Dressing out

**Health Curriculum:**

6th grade- Essential Standards include:

1st Quarter- Mental and Emotional Health

Personal and Consumer Health

2nd Quarter- Alcohol, Tobacco and Other Drugs

3rd Quarter- Nutrition and Physical Activity

4th Quarter- Interpersonal Communications and Relationships

7th/ 8th grade- Essential Standards include:

1st Quarter- Mental and Emotional Health

Personal and Consumer Health

2nd Quarter- Alcohol, Tobacco and Other Drugs

3rd Quarter- Nutrition and Physical Activity

4th Quarter- Reproductive Health Safety (You may choose to opt your child out of this)

The health rotation will begin during the 1st quarter through the 4th quarter. Students will be rotating approximately three weeks in health & six weeks in PE. Students will be responsible for the following materials: pens, pencils, paper, colored pencils, a three ring binder or a separate section for health in their notebook.

Daily warm ups, note taking, projects, quizzes and unit tests will all be calculated into their healthful living grade. Please check your child’s assigned teacher’s Canvas or Weebly sites for updated announcements, rubrics, assignments, etc.

**Please cut along the line and return bottom portion to your child’s Healthful Living teacher**

I have read with my child and we understand the Healthful Living syllabus. My son/daughter agrees to follow all Healthful Living guidelines set forth by the WCPSS and ECMS.

Student Name (Please print neatly) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Health Concerns/Limitations\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_