

# High School Wellness

*ETSU University School*

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## OBJECTIVES:

- To instill in students the values and skills of maintaining a healthy lifestyle;
- To promote physical fitness in students, introduce and improve individual and team skills, help students better understand rules and strategies in individual and team sports;
- To teach sportsmanship and working as a team;
- To provide for a better understanding of physical fitness and health-related issues;
- To perform and demonstrate mastery of skills, rules, and knowledge of wellness-related activities.

## MATERIALS & ORGANIZATION

- PE Days –
  - Sweatshirt/T-shirt;
  - Shorts/sweatpants;
  - Athletic shoes.
- Health Days –
  - Textbook
  - Binder
  - Paper
  - Pencil

## TEXT

- Holt Lifetime Health

## GRADING AND ABSENCE POLICIES

Grading: Grades will consist of tests (40%) and quizzes/dressing-out/participation (60%).

- Test and quizzes: will cover both PE & Health Education topics;
- Dressing-Out/Participation: Each student will be given a 100 for his/her participation grade to begin the 9-weeks grading term, with three (3) points being deducted each day for not participating in the day's activity, and two (2) points being deducted for not dressing out. Students must participate, cooperate, and proper attire must be worn in order to avoid the 5-point deduction. *Proper attire consists of shorts/sweatpants, t-shirt/sweatshirt, and athletic shoes (no open-toe shoes, sandals, etc).* The participation grade will be averaged in at the end of the 9-weeks term.

Absences: When a student misses a class, he or she is responsible for finding out what was missed and needs to be made up by speaking with me. This is the student's responsibility when

an absence occurs. Generally speaking, the student will have the same number of days to make up the work as the number of days he or she was absent.

### **COMMUNICATION & INTERIM REPORTS**

The best way to reach me will be through email ([penleyj@etsu.edu](mailto:penleyj@etsu.edu)). I can be reached via phone (439-4371) – please leave a message and I will return it as soon as possible.

Interim reports will be sent home every four-and-a-half weeks – per the HS policy – for students who currently have a 74 or below to keep the student and his or her parents/guardians updated on grades.

### **POLICIES AND EXPECTATIONS**

- Class Policies:
  - PE Days:
    - Report to Brooks Gym (Room 108) DRESSED OUT by 10 minutes past prior class dismissal. For example, if your previous class dismisses at 9 AM, you are considered tardy if you are not dressed out and in the weightroom by 9:10 AM. For first period, you will be considered tardy if you are not dressed out and in the weightroom by 8:05 AM. Per school policy, disciplinary measures will be taken after the 3<sup>rd</sup> tardy.
  - Health Days:
    - Report to assigned classroom, with materials by 5 minutes past prior class dismissal. For example, if your prior class dismisses at 9 AM, you will be considered tardy if you are not in your seat in the assigned classroom by 9:05 AM. For first period, you will be considered tardy if you are not in your seat in the assigned classroom by 8:00 AM. Per school policy, disciplinary measures will be taken after the 3<sup>rd</sup> tardy.
- Expectations:
  1. Follow directions the first time they are given. SAFETY FIRST.
  2. Pay attention in class and participate.
  3. Be prepared with books and materials.
  4. Respect the people, equipment, and furnishings of all facilities/classrooms.
  5. Observe all rules in the University School Handbook.
  6. DO NOT BE IN UNAUTHORIZED AREAS either on campus or in buildings. STUDENTS ARE TO BE IN SUPERVISED AREAS AT ALL TIMES.

### **TENTATIVE SCHEDULE**

- M-W-F – Health Education (We will meet on these days in a classroom on ETSU's campus; I will announce the room location as soon as possible).
- T-TR – Physical Education Activities (report to Brooks Gym, Room 108).
- *Be aware that classroom assignments can change. I will announce any changes as soon as possible.*

*\*\*I have received, read, understand, and agree to abide by the expectations and rules for High School Wellness.*

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Student Signature

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Parent/Guardian Signature

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Parent/Guardian Name and Phone Number

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Parent/Guardian E-mail Address

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Date