

LIFETIME FITNESS EXPECTATIONS

Ms. Watson

2019-2020

Welcome to your Lifetime Fitness Experience. It is my goal that you have fun, experience a wide range of activities and learn important information about improving and maintaining your personal health and fitness levels.

With a new school board policy, cell phones will no longer be allowed on a student during class. They will be kept in their backpacks. Locker rooms will always be locked up.

During PE, students can wear a sweatshirt over their PE shirt, but will not be allowed to have their cell phone in their pockets.

As a parent, if you need to reach your student, please call the school at 425-385-6300 and they will get your child from class or have your child call you.

- Communication: Students and parents are encouraged to call regarding any questions or concerns. The best way to reach me is by email at rwatson@everettsd.org or call at 425-385-6454. The best time to reach me by phone is in the morning from 7:45-8:10 or my planning from 2:00 - 3:15.
- Locker Rooms and Locks. The locker room will always be locked during the period. Students will have the choice to bring their own combination lock or they will be provided one by the school. Safety and security are a priority. Chasing other students, running, teasing, harassing, fighting and using cell phones/camera's WILL NOT be tolerated. There will be consequences for these behaviors. **This year students will not be using school lockers and will be carrying their backpack with them. Locker Room space is at a premium so any horse play will not be tolerated.
- I will be using Canvas this year for students and parents to check their monthly calendar, study guides, class expectations, absence makeup sheets, essential questions, grades, etc. This is a practical and efficient way to

make sure you have the most current information regarding objectives, assignments and multimedia resources.

- **Grading Criteria.** A letter grade will be earned at the end of each semester. There are 4 general areas by which grades are earned for the semester:
 - **Class Preparation-30%.** Suiting up in Lifetime Fitness clothing on a daily basis. Students will be allowed to wear a sweatshirts on top of their pe shirt. No leggings or sweatpants will be allowed.
**After the 3rd unexcused nonsuit, the overall grade will drop.
 - **Citizenship-10%.** Listening skills, coming to class on time, no gum or food in the gym. Plastic water bottles (with their name on it) is ok.
 - **Daily Participation-40%.** Students are expected to try to the best of THEIR ability. Any absence from class affects their overall grade. Absence makeup sheets are available on my web page. Every 20 minutes of a Cardiorespiratory activity counts as 1 day. A parent must sign off at the bottom of the sheet.
- **Medical Notes/Parent Notes (Phone, email or written).** Any student excused from PE with a physicians note must have a release note from a physician to re-enter class. Student's on a physicians note longer than 1 week will be in the library until they are cleared to return. Students who come to class without a note or message from a parent will be expected to suit up and participate to the best of their ability. If a student has a physical limitation, they will be expected to use their own judgement in regard to the level of participation.