

HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

Attitude

Welcome to your Heatherwood Middle School Lifetime Fitness Experience! It is our goal that you have an educationally rewarding experience in Fitness. As you can imagine, this year will provide you with variety of activities, important information about improving and maintaining your fitness level and helping you to grow as a responsible middle school student. Perhaps the best advice you can take throughout this school year would be to come to class on time, prepared to learn, be respectful of others and participate to the best of your ability. This is a fun and exciting opportunity that you will look forward to everyday.



Behavior

Lifetime Fitness is unique in the sense that it is an activity based class that also offers a certain amount of academic work. The amount of success that you can reach will be directly related to your behavior. Students that come to class prepared to learn will be successful. Students that have their class uniform each day, pencil and papers on their portable days will be prepared to learn. Students that learn will see improvement on a continual basis. Therefore, if you come to class prepared and willing to work (and participate) to the best of your ability at all times, you will have a successful school year.



Respect is another key element to the learning process. As a responsible student it is important that you treat all students and adults respectfully. If you can demonstrate a positive attitude and help other students when needed then as a class we can all improve together. The harassment, intimidation, bullying and teasing of other students will never be tolerated. However, it is up to our class as a whole to stand up to those who are harassing others and communicate any concerns to adults in charge.

Cardio – Respiratory Activities

Lifetime Fitness is a **fitness** class! Therefore, you should expect to participate in a variety of cardio-respiratory activities. Perhaps one of the best cardio-respiratory activities is running. Running at a moderate level of intensity has a positive affect on brain activity. Your heart beats faster, your circulatory system increases and one of the benefits is that you can think better. Participating in cardiorespiratory activities is an essential part of our program at Heatherwood Middle School. Having a positive attitude toward aerobic activities will help ensure your success. You are expected to try to the best of your ability, you are not expected to be perfect. In situations where you are not able to participate in cardio-respiratory activities you must provide a note to be excused (parent note for up to 3 days if needed, after 3 days of medical release a doctor's note is required).

Class Procedure

The class procedure for Lifetime Fitness remains the same throughout most of the school year. Students should expect to suit up every day and come prepared. In the event that students will not suit up they will be notified at the beginning of class. The class procedure for Lifetime Fitness is as such:

- Students arrive to the locker-room
- Students change into their Lifetime Fitness uniform
- Students should sit on the locker-room benches and wait to be dismissed to the gym



HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

- Once dismissed students are to quietly enter the gym and walk the gym circuit or sit in their assigned spot
- Roll will be taken and the class activity will follow
- Once the class activity has concluded, students will be dismissed back to the locker-room
- When students arrive to the locker-room they should change into their school clothes, sit down and wait to be dismissed.

Please note that each of the Lifetime Fitness instructors will have one day a week where their class will be in the Health Portable for class instruction.

Communication

Students and parents are encouraged to call with regard to any questions or concerns. The best time to reach us is before school starts from 7:45 - 8:15 AM. In addition, each teacher's planning period is listed below following the email address. The school, phone number is (425) 385-6300. We are here to help students have a positive Lifetime Fitness experience.



Course Curriculum

Throughout the school year our class will experience a variety of activities and fitness/health related subjects. While some topics or activities may vary by semester, course content and activities generally follow this semester format:

First Semester – Tennis, Ultimate Frisbee, Field Activities, Volleyball, Pitton, Introduction to Fitness, Goal Setting, How We Learn, the Health and Skill Related Components of Fitness, Nutrition

Second Semester – Badminton, Pickleball, Basketball, Soccer, Softball, Field Activities, Nutrition, Cardio-Respiratory Fitness, Muscular Fitness and Principles of Exercise, Skeletal System, Muscular System, Peer Relationships (HIB), and HIV.



Fitness Tests

All students at Heatherwood Middle School will have the opportunity to participate in five fitness tests. These tests which are given and recorded twice during the school year measure certain fitness levels. The Sit and Reach test will measure a student's flexibility, while the Mile Run and the Pace tests will measure cardio-respiratory fitness levels, the Sit Up and Push up tests will measure muscular endurance and muscular strength. This data will be recorded on WelNet which students can access online.

Students will also be required to set fitness goals through the WelNet program. There will also be dedicated fitness days during the week. If students miss these days they will be made up during class on another day.

Grading Criteria

Lifetime Fitness at Heatherwood Middle School is like all other classes in that a letter grade will be earned at the end of the each semester. There are four general areas by which grades are earned:

HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

Class Preparation – does the student come to class prepared to learn? Are they suited up on appropriate days? Do they have the class room supplies on their portable day? Are they open and prepared to deal with a variety of activities and topics?

Citizenship/Sportsmanship – what is the student's class behavior like? Are they respectful and have a positive attitude towards the classroom activities and discussion? Are they paying attention or disrupting themselves and other students?

Activity Participation/Effort – students are expected to participate in all activities and discussions to the best of their ability. The area reflects a student's level of participation and effort demonstrated during class.

Class Assignments – students are expected to complete all assignments on time.

Partial or no credit may be assessed if assignments are turned in late depending on the situation.

Skill Assessment- there will at times also be some skill assessment in terms of a student's effort to apply certain skill cues taught during a particular unit-this is generally a small percentage of the unit grade.



Locker Rooms

The locker room at Heatherwood Middle School is an important area in terms of personal responsibility and safety. It is essential that you know where your belongings are and keep them secured. Do not assume you can leave anything out. Jewelry, watches, and any other valuables are expected to be removed before class starts. This is required for the student's personal safety, and to avoid damage to school equipment. All personal items brought to school should be locked up in the student's locker. Teachers should not be expected to keep valuables locked up in their offices. It is recommended that any item of great value or personal importance should not be brought to school.

Safety in the locker rooms and classes are a primary concern. This is the reason why students are expected to change and wait quietly in the locker room before being dismissed. Chasing other students, walking around the locker room, running, teasing, harassing other students and fighting will not be tolerated.

As teachers we have tried to minimize the theft problems in our locker room. However, it has been noticed that when students leave for class, locks are left open and clothes are on the floor. Make sure your lock is secured! Make sure to lock all your clothes up. Do not leave anything out on the benches or floor. Do not share your combination, basket, and locker or gym clothes with anyone else. If you notice anyone taking something that is not theirs, report it immediately.

All students will be issued a basket or locker to use during the course of the school year.



HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

Locks

We have found that particularly with the boys locker room it very advantageous to have your own combination lock. We encourage students to bring their own combination lock however, a lock will be provided for students who may find it difficult for whatever reason to purchase or bring a combination lock from home. Bringing their own combination lock (we put names on those locks) results in a much faster turnaround time in the event of lost locks- which tends to be frequent. All locks must be registered with the teacher and assigned a basket or locker. Locks not registered with the teacher will be removed. Please do not bring key locks. Again If you cannot bring your own combination lock - a lock will be provided. Lockers are generally given to student athletes so they have a large enough space to store their equipment. It is the student's responsibility to make sure that their basket or locker is locked up with all belongings safely secured.

Please mark all clothing with your first and last name. To help prevent your clothes from ending up in the lost and found please make sure they are **properly secured in your basket or locker**. Students have also been known to share their basket or combination with other students which increases the possibility of missing clothes. Please lock all your personal belongings up. There is a limited amount of storage in the PE office for book binders. Please do not bring band instruments, back packs or large coats into the locker room.

Medical Excuses

If you are injured or cannot participate in class activities, you are required to communicate this with your teacher. Students can be excused from Lifetime Fitness with a written note from a physician or parent for illness or injury. All notes should include the reason for the excuse and the date of return. A written note from a parent can excuse a student from Lifetime Fitness for up to three days. **After three days, a written note from a physician is required.** Any student excused from Lifetime Fitness with a physician note must also have a note from a physician for re-entry (or a date for re-entry on the original note). Students who are on medical release for more than one week will be directed to the school nurse and the library. Students who use an inhaler will be directed to the school nurse in the event they do not have their inhaler available for use when needed.

A PARENT'S NOTE TO RE ENTER CLASS FOLLOWING A PHYSICIAN'S EXCUSE IS NOT SUFFICIENT.

Students who come to class without a written note will be expected to suit up and participate to the best of their ability. Any student that has a physical limitation will be expected to use their own judgment in regard to the level of participation. In the event that a student is injured during the course of a Lifetime Fitness activity, their teacher should be notified immediately. Finally, any student that has been excused from Lifetime Fitness activities due to a medical excuse is still responsible to attend the fitness/ health in the portable classroom on their respective day.



HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

Health and Fitness

Students in Lifetime Fitness are expected to be able to apply the information they learn in class. Classes will be provided regular presentations regarding the Components of Fitness as well as other important Health related topics. There will also be class discussions so students can relate this information to the activities they are participating in. Likewise, students will be asked to

critically think about the information and class room activities and how it applies to their life. Students will access the website to locate class information or assignments they may have missed due to absence.

For most of the year, one day a week each Lifetime Fitness instructor will conduct class in the Health and Fitness portable. Students will be required to bring their binder, pen or pencil and paper for classwork. A variety of Fitness and Health related topics will be covered. It is important to note that students are still required to have their Lifetime Fitness uniforms at school on these days in the event that the schedule changes.

Suit up policy- Lifetime Fitness Uniforms

Students are required to suit up each day unless directed otherwise. The class uniform can be purchased at the main office. The Heatherwood Lifetime Fitness uniform consists of shirt and shorts.



Heatherwood Lifetime Fitness T-shirt with name clearly marked

Heatherwood Lifetime Fitness black shorts with name clearly marked

Athletic shoes

Sweat shirts or windbreakers are optional on days when classes are participating in outside activities. Students are not to wear school clothing to their Lifetime Fitness class or their Lifetime Fitness uniform to their regular classes.

Sweat pants or leggings are not permitted with the exception of religious exemption or concerns relating to a 504 plan.

Students who participate in after school activities must suit up in order to participate in that day's activity or competition.

HEATHERWOOD MIDDLE SCHOOL

LIFETIME FITNESS

CLASS EXPECTATIONS

Tardies

It is very important that students get to class on time. Students are expected to be down the stairs and in the locker room before the bell. Students who are late will be reported to their Lifetime Fitness teacher. During the course of a semester, students who are tardy are subject to a lunch service or after school detention. Students also need to be reminded that if a teacher holds them after class they should get a pass from their teacher excusing their tardy. Once a student receives a pass they should get to class as soon as possible.

Class Webpage or Class Canvas Page

Throughout the course of the school year many updates, assignments, resources and information will be provided to the students. Accessing the Heatherwood website and the teacher's website or Canvas page is the practical and efficient way to make sure you have the most current information. Information regarding objectives, class activities, assignments and multimedia resources are updated each week. It would be to your benefit to make sure you utilize this resource.



Cell Phones

Cell phone use is not permitted on campus during the school day. Please leave cell phones in your backpack. Phones in the locker rooms are especially problematic in terms of being lost, stolen or potential for misuse. And need to be properly secured within backpacks at all times.



Heatherwood Middle School Lifetime Fitness

Lifetime Fitness Teacher
Mr. Brown
Mr. Burgess
Ms. Watson
Ms. Weiss

Classroom Expectations

Please access teacher webpages to find the complete Classroom Expectations information.

1. Be on time for class (in the locker room).
2. Suit up in Lifetime Fitness clothing everyday.
3. Sit down in role call after entering gym or follow. Specific teacher directions on white board.
4. Listen when instructions are given (face teacher).
5. Work to the best of YOUR ability. PARTICIPATE!
6. Treat everyone with respect!
7. Encourage others.
8. Have fun!

Please refer to the student handbook for steps relating to our progressive discipline policy in relation to behavioral concerns.

Remember our 3B's policy:

Be Respectful, Be Responsible, Be Part of the Solution

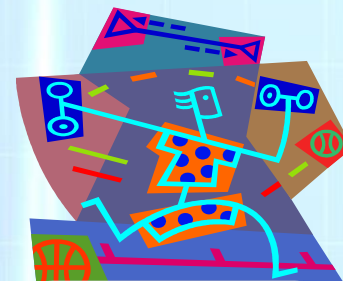
Some Miscellaneous Consequences

Chewing gum in class will result in a lunch detention.

Tardies result in a lunch service and parent contact

Several tardies may result in an office referral.

3rd non suit will result in a lunch service and parent contact.



Fit For Life!

Get Fit

Stay Fit

Benefits of Regular Physical Exercise

- Improves strength, endurance and flexibility
- Reduces stress and enhances mood
- Boosts energy level
- Improves body composition (increases muscle, decreases fat)
- Refines balance

Lowers the risk and/or numerous diseases associated with sedentary lifestyle!

If you are absent for more than three days, please check with your teacher for Activities Makeup Assignment.

Student Name: _____ Class Period _____

Student Signature _____

Parent Signature _____

Rock Wall ~ Safety Guidelines

Dear Students and Parents;

This year you will have an opportunity to participate in a rock wall climbing unit as part of our Lifetime Fitness program. The rock wall at Heatherwood Middle School is designed for a horizontal climb rather than vertical. We are very fortunate to have a rock climbing wall as rock climbing is one of the fastest growing indoor activities today. This activity will help to develop coordination, strength, flexibility and self confidence.

In order to participate in the rock wall climbing unit there will be certain expectations that you must agree to.

- You must have direct teacher supervisor before you can use the climbing wall.
- Remove all jewelry. This would include watches, rings, necklaces and large earrings.
- Safety mats must be on the floor.
- ***Do not jump off the rock climbing wall at any time;*** you must step off the wall.
- Step away from the safety mats when you are finished climbing.
- Stay a safe distance away from other students climbing on the wall.
- Do not pull or push other students who are climbing.
- You must climb within the safety climbing zone.
- You must pass a Rock Wall Climbing Safety quiz prior to climbing on the wall.
- You must follow all of your teacher's directions at all times.



Please make sure that you understand and agree to all the above expectations. Rock climbing can be a fun and exciting unit as long as you follow directions. Safety will be a priority and if you cannot follow your instructor's directions you will not be allowed to use the Rock Climbing Wall.

If you or your parents have any questions or concerns, please do not hesitate to contact your teacher.

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PLEASE SIGN AND RETURN TO YOUR LIFETIME FITNESS TEACHER

(Please print student name)

(Student signature)

My child (named above) has my permission to participate in the Rock Wall Climbing Unit at Heatherwood Middle School. I understand that this activity involves a certain amount of risk and that my child must follow all of the instructor's rules at all times to avoid any injuries to themselves or others. I will make sure that my child understands the importance of following the class rules and rock wall safety guidelines when we discuss this activity at home.

(Please print parent's name)

(Parent signature)

Lifetime Fitness Teacher _____

Class Period _____ Date _____