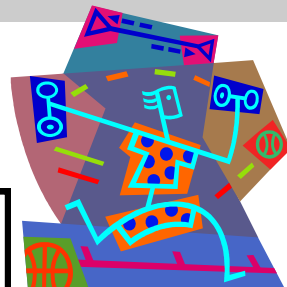


Heatherwood Middle School Lifetime Fitness

Lifetime Fitness Teachers
Mr. Burgess
Ms. Watson/ Mr. Stewart
Ms. Woodbridge
Ms. Thomas
Mr. Brown

Current Expectations 2021-22

1. Be on time for class (in the lower gym before tardy bell).
2. Practice good listening during instruction.
3. Engage to the best of YOUR ability. PARTICIPATE!
4. Treat everyone with kindness and respect. Have fun!!!



Fitness Clothes for Gym Everyday

Be certain to have your athletic shoes (supportive rubber soled –shoes that tie) everyday! If you wear different shoes to school (sandals, etc) be sure to have your athletic shoes ready in your backpack.

- Wear clothing that allows for movement. Students wearing a dress should include spandex or appropriate, modest under clothing.
- Anticipate body heat/sweating! Pack a small towel or sani-wipes and deodorant stick (no aerosol spray).
- We are currently not going into the locker room due to Covid restrictions. This may change over time.

**Fit For
Life!
Get Fit
Stay Fit**

Medical Concerns

Students may be excused from participation for up to 3 days with a parent note for medical reasons. A doctor's note is required for medical concerns going beyond 3 days and also is needed for re-admittance. Students who are on medicals for more than one week will be re-assigned to the library during their medical release with the exception of portable/classroom days. Head injuries also require a doctor's note for medical release and re-entry to class.

In addition to our regular program, your student will have an opportunity to participate in rock wall climbing and perimeter trail runs/walks as part of our Lifetime Fitness program. Our climbing wall provides a horizontal climb with limited height for safety purposes.

PLEASE SIGN THE FORM BELOW AND RETURN TO YOUR TEACHER

Student's name: _____ Class Period _____

My child agrees to the classroom expectations and has my permission to participate in Rock Wall Climbing and Campus Trail Runs/Walks at Heatherwood Middle School. I understand that my child must follow teacher rules at all times to ensure safety standards. If you have any concerns about your child participating in these activities please contact your PE teacher.

(Please print parent's name)

(Parent signature)

Parent e-mail address: _____

If you are absent please check with your teacher for a Activities or possible Makeup Assignments.

Please see your teacher's webpage for the more complete version of class expectations.

Heatherwood Middle School

Rock Wall ~ Safety Guidelines

Dear Students and Parents;

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.

PLEASE SIGN THE FORM BELOW AND RETURN TO YOUR TEACHER

_____ Lifetime Fitness ~ Class Period _____
(Student's name)

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)