



Hixson Middle School Wellness Wheel

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Values physical activity and its contributions to a healthful lifestyle.

Wellness Wheel

Students will rotate between Health, Fitness, and Physical Education. All three sections will be graded. Students will dress out for Fitness and Physical Education.

Expectations

- Students are expected to wear appropriate clothing for athletic activity.
- Students are expected to be on time to class.
- Each student is issued a lock for the locker provided during the school year. Students are responsible for locking all personal belongs in assigned locker. Replacement cost is \$5.00.
- Be respectful to teachers and fellow classmates. Demonstrate positive social skills, sportsmanship, and care of equipment.
- Follow all directions and rules. Remain engaged in the activity.
- Work to your potential and give your best effort. Set goals, and strive for improvement.
- Safety Issues: No gum, candy or jewelry.

Locker Rooms

Lockers will be provided to each student. All personal items are to be locked up. Please check to see if you have secured your locker and is locked. Do not share combination with peers or share a locker.

- Appropriate locker room conduct is expected.
- 5 minutes are allowed to dress and use the restroom.
- Cameras and phones usage are prohibited in the locker room.
- No food or drink is allowed or glass containers.
- Due to asthma/allergy policy, please refrain from any aerosol sprays/strong scented lotions.

Physical Education Clothing

The dress code of the physical education program has been designed for a co-educational setting with your student's health, safety, and hygiene uppermost in our minds.

An appropriate change of clothing is highly recommended for class. We dress for successful learning, engagement and rigor resulting in improved student achievement. Be healthy, free, safe, and ready.

These clothes need to be proper athletic wear! The following are recommended -

- Crew neck, short sleeve T-shirt
- Athletic shorts
- Sweat suits may be worn.
- All clothing should be marked with name and taken home weekly for cleaning.
- Students may purchase a uniform from the P.E. department.

The following items present safety concerns and should not be worn for activity.

- Jeans/slacks
- Skirts
- Boots
- Sandals/flip flops
- Zippers, pockets, or belt loops

Illness and Injury Policy

A "Parent Note" will excuse a student from physical activity for a maximum of 3 days.

A "Doctor's Note" will be required if a student needs to be excused for more than 3 days.

All doctor notes must go to the nurse in the morning before school.

Attendance

Participation is a key component of our class. If a student has missed a session, student is responsible for what they have missed. See instructor for long term absences.

Assessment *(Aligned with National Standards)*

- Knowledge of activity demonstrated through performance.
- Daily participation in activities and exercises.
- Evidence of engagement in structured activity for the development of health-related and skill-related fitness throughout the year.
- Assignments, projects, quizzes and tests.
- Semester grades will be comprised of physical education, fitness, and health.

Activities

Fitness Activities - Health and Skill Related Fitness Components

Physical Education Activities - Recreational games, Team Sports, Individual Sports, Cooperative Games

Health Activities - Skills-based activities for improved and healthy living.