

Mt. Zion High School Wellness

The goal of Wellness at Mt. Zion High School is to give students the knowledge to incorporate multiple activities to use for lifetime fitness; and to enhance the overall well-being of students through various cardiovascular fitness activities, health-based lessons, and team sports. Physical fitness is achieved by having the students do various activities with emphasis on cardiovascular endurance, muscular endurance, muscular strength, and flexibility. Healthy individuals contribute to creating positive communities, workplaces and families.

Weekly Schedule (can vary if a holiday week)

Monday – Fitness

Tuesday – Activity

Wednesday – Fitness

Thursday – Activity

Friday – Cardio

Point System for Fitness & Activity/Skills (Classroom points will vary.)

5 points

Demonstrates highly active participation, self-motivated.

Demonstrates and models positive behavior and attitude.

Demonstrates active engagement in skill and fitness development during class.

4 points

Demonstrates active participation in class activity, needs no encouragement.

Demonstrates appropriate positive behavior and attitude.

Demonstrates and understands the need for active skill acquisition and fitness development.

3 points

Demonstrates some participation in class with encouragement.

Demonstrates appropriate behavior or attitude.

Demonstrates some willingness and effort to improving skill and personal fitness levels.

2 points

Demonstrates engagement in activity for only a short period of time and/or needs frequent encouragement to engage in activity.

Demonstrates appropriate behavior or attitude on an inconsistent basis.

Demonstrates limited willingness to engage in skill and fitness development.

1 point

Demonstrates little or no participation despite encouragement.

Demonstrates poor behavior and attitude; disrupts class.

Demonstrates no willingness to improve skills or fitness levels.

0 points

Student is not dressed for class.

Student is in ISS.

Student has an unexcused absence.

Proper uniform is worth 3 additional points. 2 grades will be given per day.

Points will be taken off if not in proper uniform or if the student is tardy.

Mt. Zion High School Wellness Rules and Regulations

1. Uniform: Solid red or red school affiliated shirt. Solid black shorts. **NO spandex shorts, cut off shirts, v-necks, or tank tops.**
2. All uniforms must be worn properly and follow the schools dress code.
3. Tennis shoes are required and students may not participate without shoes. **No sandals, work boots, or shoes that slip on.**
4. Uniform colored sweats are allowed.
5. If a uniform is torn it must be replaced. If a uniform is stolen, a student must fill out a “stolen” report in the office and replace the uniform.
6. **In-School Suspension Make-Ups:** H.S. students placed in ISS may make-up missed class work during early bird P.E. classes, with the instructor’s consent. If not, it is a zero. Must be completed 2 weeks after the initial date in ISS.
7. **Written Excuses:** Parent notes are good for 2 days. May have 2 per semester. Doctor notes are good from the dates marked on the note. Alternative assignments will be given.
8. No food, drink, gum or candy allowed during P.E.
9. **NO JEWELRY.** Examples : hoops, dangling earrings, necklaces, bracelets, watches are NOT allowed in P.E.
10. **No Dress Policy:** The student will be given an alternative assignment. Credit will be determined by the quality of the assignment. When finished with the review, the student will walk. On the 3rd no dress, the student will receive a Saturday School; and every no dress after will result in a Saturday School as well.
11. **Cell Phone Policy for PE:** Cell phones will be allowed at the teachers’ discretion.
12. Each student needs his/her OWN lock and locker. No sharing of lockers.
13. Any student on a medical leave will receive written work and teacher aide duties.
14. No one in the equipment room without permission. Abuse destruction or misuse of PE equipment will not be tolerated.
15. Obscene language, gestures, harassment or disrespect will not be tolerated.
16. No passes to make up homework, projects, or tests are allowed.