This semester class offers students instruction in lifetime activities and fulfills one P.E. requirement for high school graduation. Individual, dual, and team sports activities are included, with the emphasis on activities that offer lifelong participation opportunities. In this class, students will have both skill and knowledge based assessments along with regular fitness testing. These assessments are administered in order to provide personal feedback to each student as we measure their skill and fitness development throughout the semester.

Lifetime Activities taught this semester will include: Badminton, Pickleball, Soccer, Ultimate Frisbee, Fitness Workouts, Kickball, Volleyball and Basketball. **Please note: there will be an Online Quiz for each unit located on Canvas.

Equipment & Supplies: (Talk with your instructor if you need help obtaining the items listed below)

- Green, White, or Hillcrest T-shirt, exercise pants or shorts, athletic shoes, and socks.
- Combination Lock (No key locks). DO NOT SHARE LOCKERS.

Class Rules/Expectations: “RESPECT”

R - Ready to Learn
   Be on time, dressed appropriately, and ready listen to instructions so we can get moving right away.

E – Everyone Matters
   Encourage and help others when they need it. Never put anyone down or laugh at mistakes. We are all here to learn and will be trying lots of new things this semester!

S – Safety
   Keep the gym safe for you and your peers. Follow safety guidelines from your instructor, respect equipment, and use it properly. Report any illnesses or injuries right away.

P – Purpose
   Our purpose is to learn the skills needed for a healthy and physically active lifestyle throughout our lives. We are here to move and sweat!

E – Effort/ Enthusiasm
   Come to class with an open mind and a positive attitude. ALWAYS give your best and have fun!

C – Challenge / Cooperation
   Constant improvement is expected no matter what level you are at.. Together we will do challenging things. Push yourself to the next level when things become easy, be patient with those at a different level than you..

T – Trust/ Team Building
   Use respectful communication and work together to help everyone succeed.
**Activity & Dress Points:** 10 points for dressing out + 10 points for participation = 20 points per day.

Points will be awarded every class period for those who:

1. Dress appropriately for class. Appropriate dress includes: gym shoes, socks, shorts/sweat pants, and a green, white, or Hillcrest t-shirt. No tank tops, hats, excessive jewelry, sandals, unclean, or torn clothing. (10 points)
2. Follow the “RESPECT” rules and actively participate. (10 points)
3. Full attendance is essential to your success in PE class. Roll will be taken 3 minutes after the bell rings at the beginning of class. Second roll will be taken at the end of class. Points will be deducted if you are not present or come late.

**Locker Room:**

Students will be provided with a locker to use during the semester. Please help us in keeping the locker room a safe place to dress and store your belongings during PE class.

- To keep locker rooms secure instructors will not allow students to access locker rooms during class. If you are checking in/out please make arrangements ahead of time.
- If you come late to class (after the bell rings) you may not be allowed into the locker room to dress. Be in the dressing room or gym before the bell rings.
- The dressing room doors will be locked when the tardy bell rings. Roll call will be taken three minutes after. Students will be given approximately 6 minutes to dress at the end of class.
- Keep your things locked up at all times.
- Please do your part to keep our school facilities clean and enjoyable. PE teachers will be strictly enforcing rules that no food, gum, candy, and drinks (other than water bottles) be brought into the PE areas. Points will be deducted for bringing any of the above items.
- Students are given hall lockers to store books and other materials in during class. Please use your hallway locker to store your backpack so that it will not be a distraction to you during class and will not interfere with gym space.
- Leave all valuables, including cell phones, in your hall locker, where they are most secure. **DO NOT BRING THEM TO CLASS. THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.**

**Attendance/Tardies:**

**Absences:** The Hillcrest High attendance policy is in place to help students succeed. It will be enforced.

Students will be allowed to make up absences. To make up an absence a student must complete two full 30 minute workouts. No more than 3 absences per quarter may be made up, unless approved by your instructor. See your instructor to schedule make-ups.

**APP:** Teachers will be available for student support during APP time. Students will use this time to get extra help with assignments, check their grades, make up tests, assignments, or absences. Please use this time to allow your teacher to help you.

**Tests, Quizzes, and Notes:** The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note taking, and exit tickets. All skills tests, written tests, notes taken in class, and assignments will have a point value. If you are absent it is your responsibility to make it up. Students will not be allowed to make-up assignments, tests, or quizzes for unexcused absences or truancies.

**Grading Scale:** (20 daily points may be accumulated per day in addition to assignments and quizzes) Grade will be based on total points earned throughout the quarter. Approximately 80% of points will come from activity, dress, and attendance points. Approximately 20% of points will come from assignments, notes, tests, and quizzes.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94-100%</td>
</tr>
<tr>
<td>B+</td>
<td>87-89%</td>
</tr>
<tr>
<td>C+</td>
<td>77-79%</td>
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<tr>
<td>D+</td>
<td>67-69%</td>
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<td>F</td>
<td>59% or less</td>
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<tr>
<td>A-</td>
<td>90-93%</td>
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<tr>
<td>B</td>
<td>83-86%</td>
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<tr>
<td>C</td>
<td>73-76%</td>
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<tr>
<td>D</td>
<td>63-66%</td>
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<tr>
<td>B-</td>
<td>80-82%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D-</td>
<td>60-62%</td>
</tr>
</tbody>
</table>

*To view student progress, access the Canyons School District website: [http://www.canyonsdistrict.org](http://www.canyonsdistrict.org). Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password.*
PST Disclosure Statement

Student Name: _____________________________________  Locker # _____________

Combination _________________

I UNDERSTAND WHAT IS REQUIRED OF ME TO EARN A PASSING GRADE IN THIS CLASS AND WILL ACT ACCORDINGLY TO OBTAIN IT.

Student: __________________________________________

Parent/Guardian: ________________________________
LIFETIME FITNESS DISCLOSURE STATEMENT

COACH MOSS
Natalie.moss@canyonsdistrict.org

Students will learn the knowledge, skills, and techniques of various forms of physical activities to increase their overall health and wellness. Throughout the course students will understand and experience the physical, mental/emotional, and social benefits of physical activity. Lifetime Fitness will increase the skills necessary to participate and enjoy physical activity for a lifetime.

Equipment & Supplies: (Talk with your instructor if you need help obtaining the items listed below)

- Green, White, or Hillcrest T-shirt, exercise pants or shorts, athletic shoes, and socks.
- Combination Lock (No key locks). DO NOT SHARE LOCKERS.

Class Rules/Expectations: “RESPECT”

R - Ready to Learn
   Be on time, dressed appropriately, and ready to listen to instructions so we can get moving right away.

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   Come to class with an open mind and a positive attitude. ALWAYS give your best and have fun!

C – Challenge / Cooperation
   Constant improvement is expected no matter what level you are at. Together we will do challenging things. Push yourself to the next level when things become easy, be patient with those at a different level than you.

T – Trust/ Team Building
   Use respectful communication and work together to help everyone succeed.
Activity & Dress Points: 10 points for dressing out + 10 points for participation = 20 points per day.
Points will be awarded every class period for those who:

4. Dress appropriately for class. Appropriate dress includes: gym shoes, socks, shorts/sweat pants, and a green, white, or Hillcrest t-shirt. No tank tops, hats, excessive jewelry, sandals, unclean, or torn clothing. (10 points)
5. Follow the “RESPECT” rules and actively participate. (10 points)
6. Full attendance is essential to your success in PE class. Roll will be taken 3 minutes after the bell rings at the beginning of class. Second roll will be taken at the end of class. Points will be deducted if you are not present or come late.

Locker Room:
Students will be provided with a locker to use during the semester. Please help us in keeping the locker room a safe place to dress and store you belongings during PE class.

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- If you come late to class (after the bell rings) you may not be allowed into the locker room to dress. Be in the dressing room or gym before the bell rings.
- The dressing room doors will be locked when the tardy bell rings. Roll call will be taken three minutes after. Students will be given approximately 6 minutes to dress at the end of class.
- Keep your things locked up at all times.
- Please do your part to keep our school facilities clean and enjoyable. PE teachers will be strictly enforcing rules that no food, gum, candy, and drinks (other than water bottles) be brought into the PE areas. Points will be deducted for bringing any of the above items.
- Students are given hall lockers to store books and other materials in during class. Please use your hallway locker to store your backpack so that is will not be a distraction to you during class and will not interfere with gym space.
- Leave all valuables, including cell phones, in your hall locker, where they are most secure. DO NOT BRING THEM TO CLASS. THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Attendance/Tardies:
Absences: The Hillcrest High attendance policy is in place to help students succeed. It will be enforced.
Students will be allowed to make up absences. To make up an absence a student must complete two full 30 minute workouts. No more than 3 absences per quarter may be made-up, unless approved by your instructor. See your instructor to schedule make-ups.

APP: Teachers will be available for student support during APP time. Students will use this time to get extra help with assignments, check their grades, make up tests, assignments, or absences. Please use this time to allow your teacher to help you.

Tests, Quizzes, and Notes: The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note taking, and exit tickets. All skills tests, written tests, notes taken in class, and assignments will have a point value. If you are absent it is your responsibility to make it up. Students will not be allowed to make-up assignments, tests, or quizzes for unexcused absences or truancies.

Grading Scale: (20 daily points may be accumulated per day in addition to assignments and quizzes) Grade will be based on total points earned throughout the quarter. Approximately 80% of points will come from activity, dress, and attendance points. Approximately 20% of points will come from assignments, notes, tests, and quizzes.

A = 94-100%  B+ = 87-89%  C+ = 77-79%  D+ = 67-69%  F = 59% or less
A- = 90-93%  B = 83-86%  C = 73-76%  D = 63-66%
B- = 80-82%  C- = 70-72%  D- = 60-62%

*To view student progress, access the Canyons School District website: http://www.canyonsdistrict.org. Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password.
Lifetime Fitness Disclosure Statement

Student Name: _____________________________________  Locker # ______________

_______________

I UNDERSTAND WHAT IS REQUIRED OF ME TO EARN A PASSING GRADE IN THIS CLASS AND WILL ACT ACCORDINGLY TO OBTAIN IT.

Student: __________________________________________

Parent/Guardian: __________________________________
**Health and Wellness Disclosure Statement**

Students will develop the knowledge, skills, and attitudes for practicing lifelong, health-enhancing behaviors. Students will learn that they are responsible for their personal well-being and that building a solid foundation of health literacy and decision-making skills can contribute to positive health choices throughout life.

**Teacher:** Natalie Moss  
natalie.moss@canyonsdistrict.org  
Please use this e-mail address to contact me with any questions or concerns.

**Units:**

<table>
<thead>
<tr>
<th>Quarter 1</th>
<th>Quarter 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Health Foundations</td>
<td>5. Substance Abuse Prevention</td>
</tr>
<tr>
<td>3. Nutrition</td>
<td>7. Safety and Disease Prevention</td>
</tr>
<tr>
<td>4. Relationships</td>
<td></td>
</tr>
</tbody>
</table>

(Please be aware that students will be asked assess and reflect on the different areas of their Health. If students are sensitive, or are struggling, please contact me and let me know what I can do to accommodate their needs).

**Supplies Needed:** Folder or 3-ring binder, spiral notebook or lined paper, pen or pencil.  
(Whatever you prefer to stay organized and on top of things)

**Grading Scale:**  
Journals = 20%  
Assignments = 30%  
Tests & Quizzes = 50%  

A = 94-100%  
B+ = 87-89%  
C+ = 77-79%  
D+ = 67-69%  
F = 59% or less  

A- = 90-93%  
B = 83-86%  
C = 73-76%  
D = 63-66%  

B- = 80-82%  
C- = 70-72%  
D- = 60-62%

**Canvas:** Most everything we do will be on Canvas. Use this resource to study and stay caught up.

**Classroom Expectations:** Be respectful. Be Safe. Be Kind.

▪ Huskies always remove hats and follow the dress code.
▪ Huskies always eat lunch in designated areas and keep halls and restrooms clean.
▪ Huskies always attend class on time, all the time, and never sluff.
▪ Huskies always show respect to and expect respect from all adults.

**Positive consequences:**  
- Husky gram  
- Games  
- Treats  
- Stamp in planner

**Negative consequences:**  
- Verbal Warning  
- One on one meeting with teacher  
- Call home (change of seating arrangement)  
- Lunch Detention / Administrator Visit

Students may keep Chrome Book privileges when they use them appropriately.

**Note Taking:**
The Healthy Lifestyles department is committed to helping students further develop their writing and literacy skills through journal reflections, note taking, and exit tickets. During the semester, students will be participating in a variety of note-taking as well as journal entries to work towards this school-wide goal.
**Make-up and late work:** Students will practice responsibility by turning assignments in on time and are responsible for getting their own absent work from the absent folder in the classroom. Students showing reasonable effort may be awarded extra time to complete assignments, if arrangements are made with the instructor. You can only turn in assignments for the previous unit one week after the unit test for half credit. Anything after will not be accepted. Full credit can be earned for absences. Let’s work together to be successful in improving your understanding of personal health.

**Do-Overs:** Students are encouraged to complete a “do-over” when they receive 70% or lower on an assignment or test.

- Students may “do-over” any assignment or test **after** meeting with the instructor during Academic Prep Period (APP) to identify areas where they need help.
- Students must complete all their assignments with a proficiency score before retaking tests.
- Students will be given 1 week after the unit tests are scored to complete any “do-overs” for that unit.
- Please talk with your instructor if you need extra help or have extenuating circumstances.

**APP (Academic Prep Period)** is a time for students to meet with teachers to get extra help and earn school credit. During this time students can benefit from re-teaching, re-doing assignments, re-taking tests, attend specified study halls, working on homework, or expanding their knowledge by going deeper into curriculum. This new component of our school day has been a tremendous help for many students, when they put in the effort! Please utilize this time to allow your instructors to help you. Take responsibility to come and ask for help.

**Office Hours**- Instructors will be available Monday, Wednesday and Friday morning before/after school to schedule support time. (Please check PE offices and classroom).

*To view student progress, access the Canyons School District website: http://www.canyonsdistrict.org. Click on skyward access at the top right of the screen, then skyward student. Enter student ID # and Password. It is your responsibility to check your grades and turn in any missing assignments.*

**Absences/Tardies:** The Hillcrest High attendance policy will be enforced.
The first 2 pages are for you to keep on record. Please sign and return the 3rd and 4th pages.

I have read and agree to the terms of Coach Moss’ Health Disclosure

Coach Moss’: ___________________________  Date: __________________

Student Print Name: ________________________________

Student Sign Name: ____________________________  Date: __________________

Parent/Guardian Signature: ____________________________  Date: __________________
Dear parents,

Occasionally videos are used in the classroom in order to illustrate a particular curricular-related concept. I am notifying you that we will be watching a video in class with a rating above the G rating.

I will be showing a video in the classroom on bullying. The title of the documentary is “Bully.” The rating for this video is PG-13 for “intense thematic material, disturbing content, and some strong language - all involving kids.”

Following the video, we will discuss bullying as a class and talk about the consequences of it as well as what it means. We will also talk about what students can do to help decrease bullying around them as well as how to recognize it and who to talk to about it.

We will be watching the video during our Unit 3: Relationships. Please check an option **AND** sign below.

---

Teacher’s signature _______________________________________________

Student’s name ___________________________________________________

_____ Yes, I give my son/daughter permission to view this video.

_____ No, I do not give my son/daughter permission to view this video. I understand alternative learning experiences will be provided for my child while the movie is being watched.

Signature of parent or guardian: _______________________________________

Date: ________________________________