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. PE class 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.

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.
Your daily 20 points is an assessment of the skills you are developing in PE class. 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 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 min. workouts with a PE instructor. No more than 3 absences per quarter may be made-up, please talk with your instructor if you have extenuating circumstances. See your instructor to schedule make-ups before or after school, or during APP.

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 activity 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 (daily assessment of PE skills). Approximately 20% of points will come from assignments, 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 # ________________

Combination ________________
(Put in Skyward for you to access)

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: ________________________________
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. PE class 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 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.**
Your daily 20 points is an assessment of the skills you are developing in PE class. 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 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 min. workouts with a PE instructor. No more than 3 absences per quarter may be made-up, please talk with your instructor if you have extenuating circumstances. See your instructor to schedule make-ups before or after school, or during APP.

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 activity 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 (daily assessment of PE skills). Approximately 20% of points will come from assignments, and quizzes.

- **A** = 94-100%  
  - **A-** = 90-93%  
  - **A=** = 89-83%  
  - **A** = 87-89%  
  - **A++** = 77-79%  
  - **A+** = 73-76%  
  - **A** = 70-72%  
  - **A-** = 67-69%  
  - **A** = 63-66%  
  - **A-** = 60-62%  
  - **A** = 59% or less

*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.*
Team Sports Disclosure Statement

Student Name: ________________________________  Locker #___________

Combination _________________
(Put in Skyward for you to access)

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: _________________________________