Lifetime Fitness Disclosure Statement

Granite Tano

granite.tano@canyonsdistrict.org

The Life Time Fitness course is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various activities, students in the program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

RULES & EXPECTATIONS

“RESPECT” Rules

R - Ready to Learn

Be on time. Wear athletic shoes and appropriate/clean PE clothes only. When the whistle blows, lineup in roll call lines. Be quiet and 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. Use your own locker, respect the equipment and keep your hands to yourself. 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

Constant improvement is expected in this class! Together we will do challenging things. Push yourself to the next level when things become easy.

T – Trust/ Team Building

Use respectful communication and work together to help everyone succeed.

DRESS REQUIREMENTS (10 points per day)
Students are expected to wear appropriate clothing for Physical Education. A WHITE, GREEN, BLACK, or GREY T-SHIRT (appropriate logos are fine), ATHLETIC SHORTS, LEGGINGS, JOGGERS or SWEATS and TENNIS SHOES are REQUIRED. NO TANK TOPS will be allowed. Shorts need to be an appropriate length. No flip-flops, sandals, boots, or other types of footwear will be accepted. If a student is not dressed, they will lose 10 points for the day for quarter 3. During quarter 4, students will lose 15 points for the day. By quarter 4, students should fully understand the dress policy.

TARDIES AND ABSENCES

Roll call will be taken at the beginning AND end of class. Students will have 7 minutes to dress before and after class. Students coming into the gym after 7 minutes will be marked tardy and will lose 10 points for the day.

MAKE-UP AND LATE WORK

Students with an excused absence will have the opportunity to make up lost points for the day that they were absent. STUDENTS WILL NOT BE ALLOWED TO MAKE UP LOST POINTS FOR UNEXCUSED ABSENCES. If a student is not able to participate in the day’s activities, they will need to come in during APP to make up the missing daily points. If a student is unable to participate after 2 class periods, a doctor’s note must be provided.
ACADEMIC PREP PERIOD (APP)

During this time, students will come to my APP period and accomplish the task for the day. Coming to APP will make up the daily 20 points. It is the student’s responsibility to keep track of their grade and their missing points.

GRADING (20 points may be accumulated per day in addition to assignments and quizzes)

Students’ final grade will be based upon total points earned at the end of the quarter. Approximately 80% of points will come from attendance & dressing appropriately for class (10 pts) and active participation (10 pts). The other 20% of their grade will come from journal entries, assignments, quizzes, and assessments. Students will need to see me after an excused absence for make-up work. The grading scale is as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
</tr>
<tr>
<td>A-</td>
<td>90-92</td>
</tr>
<tr>
<td>B</td>
<td>87-89</td>
</tr>
<tr>
<td>B-</td>
<td>83-86</td>
</tr>
<tr>
<td>C</td>
<td>77-79</td>
</tr>
<tr>
<td>C-</td>
<td>73-76</td>
</tr>
<tr>
<td>D</td>
<td>67-69</td>
</tr>
<tr>
<td>D-</td>
<td>63-66</td>
</tr>
<tr>
<td>E</td>
<td>60-62</td>
</tr>
<tr>
<td>F</td>
<td>59 &amp; below</td>
</tr>
</tbody>
</table>


EQUIPMENT/SUPPLIES NEEDED

- All students are required to bring and use their own COMBINATION LOCK. Key locks are NOT allowed. PLEASE use a locker and your own lock. Theft is real here at the school and leaving your bag unattended is inviting someone to steal your stuff.

- Students are required to wear a WHITE, GREEN, BLACK, or GREY T-SHIRT, SHORTS, LEGGINGS, JOGGERS or SWEATS and TENNIS SHOES every day.

- The Healthy Lifestyles Department is committed to the school-wide goal of helping students further develop their writing and literacy skills through note taking. ALL STUDENTS MUST BRING THEIR JOURNAL AND A PENCIL TO CLASS EVERYDAY.

- Deodorant and any other personal hygiene items may be left in your gym locker. A Water Bottle may be brought to class.
Parents please be aware that due to construction PE classes may be using the field space at the park to the west of the school.

**Students WILL NOT be allowed to bring backpacks, electronics/ cellphones, food, drinks (water is fine), gum, jewelry or any other items of value into the gym, weight room, fitness room or locker room area. A zero day will result for bringing any of the above items.**

** If you do bring your backpack, then you will NEED to leave your backpack outside of the classroom. There is NO EXCUSE to bring your backpack to class, you have two lockers you can use: your school locker & your PE gym locker.**

**If you bring your cellphone to class, you will need to turn it in at the beginning of class. By turning in your phone it avoids distractions and losing you daily points for the day.**

**HILLCREST HIGH SCHOOL AND THE P.E. DEPARTMENT ARE NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS LEFT UNATTENDED IN THE GYM LOCKER ROOM.**

____________________________

THIS DISCLOSURE STATEMENT MUST BE SIGNED AND RETURNED BY

____________________________

By signing, you are stating that you have read and agree to the terms of the Disclosure Statement.

____________________________

Student Name (Please Print):

____________________________

Class Period:

____________________________

Student’s Signature:

____________________________

Date:
Parent/Guardian’s Signature: ____________________________________________

Date: __________________________

Gym Locker Number: _______________ Combination: ____________________ (Required in the event a student forgets)
Weight Training Disclosure Statement

Mr. Tano

granite.tano@canyonsdistrict.org

The Weightlifting course is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. Throughout various drills and training modalities, students within the program will learn how to design and implement effective exercises for themselves in a gym setting. In addition, I hope to instill enjoyment of physical activity, as well as an improving physical fitness and athletic performance for those who are playing sports.

Note: This course is an elective. There are other elective courses you can take, however you have decided to take this course. So, lets follow the expectations and enjoy the process of becoming healthier.

RULES & EXPECTATIONS

*SAFETY is the #1 priority; absolutely no HORSEPLAYING!!

*Allow me to teach you the proper weight lifting techniques.

*NO cellphones; if you bring it to class, there is a basket to turn it in. If you do not follow this policy, you will receive an automatic zero for the day which cannot be made up. This is a class period to exercise our bodies and not our fingers through texting.

*There will be a daily workout posted on the board, students in the class are REQUIRED to follow the outlined exercises and complete them before performing other exercises you may desire to do.

*You will need a notebook to record the daily workouts and to keep track of your progress.

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 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.
4. If a student is not dressed, they will lose 10 points for the day during the current quarter. If a student still isn’t dressing out for class, they will then lose 15 points during their last quarter of the semester.

**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.

**TARDIES AND ABSENCES**

Roll call will be taken 3 minutes after the bell rings, Second roll be taken at the end of class and students will have 6 minutes to dress after class.

**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.

**ACADEMIC PREP PERIOD (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.

**GRADING (20 points may be accumulated per day in addition to assignments and quizzes)**

Students’ final grade will be based upon total points earned at the end of the quarter. Approximately 80% of points will come from attendance & dressing appropriately for class (10 pts) and active participation (10pts.). The other 20% of their grade will come from journal entries, assignments, quizzes, and assessments. Students will need to see me after an excused absence for make-up work. The grading scale is as follows:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100</td>
</tr>
<tr>
<td>B+</td>
<td>87-89</td>
</tr>
<tr>
<td>C+</td>
<td>77-79</td>
</tr>
<tr>
<td>D+</td>
<td>67-69</td>
</tr>
</tbody>
</table>
A- 90-92   B  83-86   C  73-76   D   63-66
B- 80-82   C- 70-72   D- 60-62   F  59 & below


**Weight Training 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: ________________________________