

# Hull High School

## Student Course Expectations

### 2020-2021

**Lifetime Activities**

**Ms. Olivieri**

**3 Credits**

### **Course Overview:**

Lifetime Activities is an elective Wellness course for students in grades 9-12. Through Lifetime Activities, students will have experience in many sports, games, and fitness activities in which participation can continue for their lifespan

- Students will practice and develop basic skills, team play, and strategy.
- Students will exhibit mature behavior and sportsmanship.
- Students will be able to develop individual lifetime activity and fitness plans.

### **Course Content:**

We may play two different activities based on the space we have in the gymnasium. Each activity will be played for two- to three-week durations. We will also participate in lifetime fitness activities, such as walking, yoga, and traditional fitness.

### **Required Materials**

- **1 YOGA MAT or TOWEL to use during fitness classes.**

### **Required Writing:**

- Written Final

### **Course Evaluation Criteria:**

- |                                  |     |
|----------------------------------|-----|
| • Class Participation and Effort | 70% |
| • Remote Assignments             | 20% |
| • Final Exam                     | 10% |

*Class Participation and Effort:* Students will receive a grade for each lifetime activities class ranging from zero to five.

5: Student has dressed appropriately and participated to the best of his or her ability for the entire class while showing sportsmanship and appropriate behavior.

4: Student has dressed appropriately and participated for the entire class while behaving appropriately.

3: Student has dressed appropriately and participated for the majority of the class while behaving appropriately.

2: Student has dressed appropriately and participated in class while behaving appropriately.

1: Student has dressed appropriately and behaved appropriately.

0: Student has not dressed appropriately or has behaved inappropriately.

**All students enrolled in Lifetime Activities have chosen this course as an elective. All students in Lifetime Activities are expected to participate on a consistent basis.**

### **Course Policies:**

- No student will be allowed to participate in Lifetime Activities unless they are wearing proper footwear, tied SNEAKERS ONLY. Slides, boots, slippers, moccasins, flip flops, ballet flats, heels, socks, barefoot etc. will not be deemed safe to participate.
- Students must wear athletic clothing and participate for the entire class.
- Students must be punctual and check in with their teacher.
- Students are responsible for displaying proper sportsmanship and behaving appropriately.
- Students must join google classroom and attend online classes regularly.
- When ABSENT, a class can be made-up. Please see your teacher for make-up work. Students are responsible to complete all work when a health class is missed.
- When present but unable to participate in physical education or fitness class, students must complete an "On The Sidelines" Worksheet during class at the teacher's discretion.

## **Virtual Learning Policies:**

- Do your best to find a distraction-free and school-appropriate work space with your needed materials close by
- Be on time for class; log in a couple minutes early
- Keep camera on
- Use headphones to limit distractions and ensure privacy of others
- Stay muted unless directed to un-mute
- Use the chat or raise hand for communication or as directed by your teacher
- Wear clothing that is school-appropriate and adheres to the school dress code (see student handbook)
- Stay for the whole class time
- Respect others' privacy and learning time; do not be a distraction to others

## **Gymnasium and Fitness Center Rules**

- Report to the Gym within 5 to 10 minutes of the bell or you will be deducted points for the class.
- Hand sanitizer will be required when entering the gym hallway and exiting the gym hallway after class.
- Students in Lifetime Activities will be the only ones allowed to enter the locker room during their scheduled Lifetime Activities class, and it will only be for the first 5-7 minutes of the period and the last 8-10 minutes of the period. Students will not be allowed to go into the locker room or

access the locker room for any reason other than to change and retrieve belongings at the beginning and end of class.

- The locker room floor will be labeled with X's to mark 6 feet of distance. While changing, please remain on the X and adhere to social distance rules.
- During class, please remain 6 feet apart and keep your mask on at all times unless granted permission for a mask break in a designated area.
- The Gym and Fitness centers are classrooms. If you leave either class without permission it will be an immediate violation of school policy and you will receive an immediate discipline referral.
- There will be no electronic devices or listening devices allowed in the gym or fitness center without permission. The device will immediately be sent to the office.
- No food or drink except water will be allowed in the Gym or Fitness Center.
- All students are expected to adhere to the safety rules and procedures, CDC, DESE and COVID guidelines, as well as activity and game procedures.
- When role call (blue line) is called, students will promptly and orderly get in line, remaining 6 feet apart.
- Useless screaming and unsportsmanlike behavior will not be tolerated.
- Vulgar language will not be tolerated.

**Consequences for not following the rules will include:**

Student will be removed from the activity.

A grade deduction equal to non-participation will be assessed (lost points cannot be made up).

A discipline referral may be sent to the Assistant Principal.

**Hull High School**  
**Student Course Expectations**  
**2020-2021**

**Lifetime Activities**

**Ms. Olivieri**

**3 Credits**

I understand and agree to all the terms of the course expectations.

Student Print Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Print Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

What is the best way to reach you (Parent/Guardian)?

Email \_\_\_\_\_

Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_