

# Hull High School

## Student Course Expectations

### 2021-2022

Wellness 11/12

Ms. Olivieri/Mr. McGrath

3 Credits

**Course Overview:** Wellness is a required course for all grades for students in Hull High School. This course consists of team and individual sports, lifetime and fitness activities, and health classes.

### **Course Objectives:**

- Students will take part in a health and fitness program
- Students will practice and develop basic skills, team play, and strategy
- Students will exhibit mature behavior and sportsmanship

**Course Content:** Students will practice sportsmanship and teamwork, as well as individual skills. Students will exhibit knowledge of fitness programs and the importance of lifelong fitness.

- Activities will include units in team sports, recreational games, lifetime activities, and fitness.
- Health topics will include:
  - Coping Strategies and Stress
  - Vaping
  - Healthy and Unhealthy Relationships
  - Nutrition
- Life Skills: Nutrition, Collaboration Skills, Lifetime Fitness

### **Required Materials**

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

### **Required Writing:**

- Written Health Assignments & Presentations
- Written Final

### **Course Evaluation Criteria:**

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

*Class Participation and Effort:* Students will receive a grade for each physical education and fitness 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.

# Gymnasium and Fitness Center Rules

- Report to the Gym or hallway for Fitness within 5 to 10 minutes of the bell or you will be deducted points for the class.
- Students in PE will be the only ones allowed to enter the locker room during their scheduled PE 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 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.
- When role call (blue line) is called, students will promptly and orderly get in line.
- 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.

## **Course Policies:**

- No student will be allowed to participate in PE 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.
- When ABSENT, physical education and fitness classes 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.

**Information Regarding Our “Classrooms”:**

During Wellness 9, 10, 11, and 12, students will have class in the exhibition room, the fitness center, the gymnasium, the athletic fields, and occasionally outside of our campus to areas surrounding the school. All school rules and policies of the high school handbook apply to this time, as these lessons will be considered an extension of the classroom. By signing this course expectation sheet you are granting permission for your child to leave school grounds within the curriculum of this course. If you would like to discuss this further please feel free to email me.

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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 \_\_\_\_\_