

Disclosure Statement for Timpview's P.E. Fitness for Life Course

Description:

The course is a combination of classroom and physical activity based learning. Students will become familiar with the components of a healthy lifestyle as well as participate in a variety of gym and outdoor physical activities.

Expectations:

1) Safety: Physical activities can be dangerous if participants do not follow established safety guidelines. Every effort is made to ensure the safety of each student. Students must follow all safety procedures as established for each activity. No horseplay is allowed. Those who endanger the safety of others and do not comply with the activity/gym rules and safety guidelines will be removed from the class.

2) Dressing: Unless otherwise told, students are to be in physical education work out clothes each class day. Proper PE clothes includes: **A) Sleeved** tee shirt or sweatshirt. **B) Athletic** shorts or sweatpants. **C) Socks** and athletic shoes.

If a student is at school but is sick or injured, they need to bring a note from a parent/guardian to be excused from class participation – or let me know in person. An alternate assignment will be given to a sick or injured student; however, dressing is still required as the alternate assignment may include physical activity that does not impact the injury/illness. For students who forget PE clothes, points will be lost and the grade will be affected. If a student consistently does not dress out, dismissal from the class may occur.

3) Attendance Policy: To allow for changing time, roll will be called five minutes after the tardy bell rings. **If you come late, you must check in with me to make sure you are marked tardy rather than absent.** Doctor's, Office, or Extra-curricular excused absences do not lose class points, however, students are allowed a TOTAL of 5 of these types of excused absences per term without class point penalties - further will need to be made up. Parent excused or pre-approved absences will also need to be made up. After the 3rd tardy per term, each successive tardy will result in a five point daily deduction. Students must ask for permission to leave the gym/field for any reason. Failure to do so will result in a truancy mark.

4) Participation: A large portion of the grade for the class will be based on effort, attitude, and behavior. Participate and cooperate and you will be successful. 15 points a day are issued for dress and participation. Absences for any reason other than extra-curricular or Doctor's excused result in lost points.

5) Fitness Requirements: Pre, mid, and post fitness tests will be given as a part of this course. They are intended to help with tracking progress and will be part of the final grade.

6) Assignments/tests: As part of the curriculum, occasional assignments and written quizzes/tests will be given. If you miss a class, it is your responsibility to check to see what work you may have missed. You will have only two subsequent class periods (for which you are present) to ask for missed assignments or to make-up quizzes/tests. I do not accept late work unless you were not in attendance on the day it was due - it will be due the next attended class. Also, lost assignment papers will not be replaced.

7) **A few more rules:** **A)** Foul or abusive language will not be tolerated. **B)** Electronic devices such as cell phones, iPods, MP3's, etc. are not allowed and if used will be collected and taken to the Principal's office for later retrieval. **C)** Good citizenship and treating others with respect is demanded. **D)** No food or gum will be allowed in the gym or on the football field and water is the only drink allowed. **E)** Failure to share in keeping the gym/field used by the class clean, or to put away class materials or equipment, or abuse of equipment, will result in lost points.

Grading Scale:

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

Approximate Grade Breakdown:

70% Dressing, participation & effort.
30% Assignments, written tests, and fitness tests.

The grade scale follows the standard
Timpview/District grading scale.

Lockers:

Lockers are not assigned - they are on a first come first serve basis. You will need to provide your own lock to put on the locker you choose. Do not leave backpacks or any of your items outside of your locker. Please be aware that theft of items left out in the locker room can and does occur. Backpacks may be brought to the class and put in an out of the way spot – but if loss or damage of your property occurs, no teacher or school liability is assumed.

Assistance:

You are welcome to come by my office for help with any questions or problems. If you have parent excused absences or excessive extra-curricular or Doctor's excused absences, you can dismiss them and make up the lost participation points by participating in a PE make up run which will be offered at the end of each term – see me to find out which days will be offered as make-ups. Running/walking three miles will dismiss one absence and regain the daily participation points. **Truancies or tardies are not eligible for the PE make up run.**

My goal: I would like for each student to enjoy the class and find the knowledge and fitness gains made valuable in improving current and lifelong health.

Thank you,
Coach Whittingham

Parents/guardians, if you have any questions, concerns, or comments during the course of the semester, please email me at caryw@provo.edu.

We have read the attached disclosure document for Timpview's Fitness for Life course and agree to follow all expectations.

Please sign at both places and return (no later than by the third class - worth 10 points if turned in by then, otherwise no points and no class participation can occur until turned in) and keep the disclosure document for your reference. ***If there are any health related concerns or other things you think I should know about, please use the bottom portion of the paper to tell me.***

Student's printed name _____ Period _____

Student signature _____ Date _____

Parent/Guardian:

E-mail _____ Phone _____

Provo School District acknowledgment of head injury policy review parent consent form -- required under Utah Code 26-53-201.

I _____ for _____
(Parent or legal guardian) (Student name)

have read, and agree to abide by the Provo School District policy (**Found at: Provo.edu & search "head injury policy" -or- <http://provo.edu/search-results/?q=concussion+policy> -or- review/request a printed copy from the Timpview Administrative Office**) regarding concussions and head injuries for the purpose of sporting events* at Timpview high school for the 2016-17 school year.

Signed (parent) _____ Date _____

*Sporting event means a game, practice, sports, physical ed. class, competition, etc...