

2024-2025 HLS Middle School Fitness and Conditioning/ Health

PARTICIPATION, RESPONSIBILITY AND STUDENT EXPECTATIONS

Dawn Pavlinch (7th Grade): dawn.pavlinch@dvusd.org

Brigette McKee (8th Grade): brigette.mckee@dvusd.org

All students are required to actively participate in the teacher directed Activities

1. Students must honor the District Dress Code. Students wearing sundresses, skirts, sagging jeans, spaghetti straps, and shorts not at the acceptable length will not be allowed to participate and will not be able to earn PE points that day.

2. All students are required to wear tennis shoes that tie and socks.

-Students wearing flip flops, sandals, and shoes without laces guarantees ALL students a score of ZERO due to safety guidelines.

3. All students are required to actively participate in activities and discussions.

- Standing with your friends on the field of activity watching people play guarantees you ZERO participation points!

Behavior and Consequences:

4. All students are required to demonstrate respect and responsibility in their behavior choices and in their interactions with others.

5. Profanity is not to be used at any time.

6. Students are not to bring cell phones or electronic devices

7. Students are required to take care of equipment being used for the daily activity and report any broken or damaged equipment.

***Students who fail to follow any of the pe class rules and expectations will be given and have the following consequences.**

-Warning (this is your warning)

-Removal from class

-Sent to the ISS room

-Lunch Detention issued

(Listed are all pending the severity of the infraction taking place and may not be in order)

Procedure Requirements:

8. Students who are participating in an after school sport will be assigned a locker and lock from their coach. Students must not share this locker with another student. They must lock their items in that Locker when they leave the locker room.

9. **Highland Lakes is not responsible for any theft or damage to items left unlocked.**

10. Students will meet in the hallway outside the locker rooms for class on a daily basis unless another area is assigned for that day or week depending on class location.

11. Students will sit in their assigned squad lines.

12. Students will communicate all concerns to their teacher.

13. Students who miss multiple days of P.E. will be required to make up those points by completing an Absence make-up assignment. **Students are responsible to ask for their missing work...this is the students responsibility.**

14. Students who lose points for not having the appropriate clothes/shoes, behavior, responsibility, or profanity issues cannot make those points up.

Grading Procedures:

Each day of class is worth 2 points (avg. 10 points a week). Grades are available on PowerSchool.

- 1 point for our daily 10-15 minute FITNESS FOCUSED ACTIVITY
- 1 points for our daily activity/ health discussion

Students will earn 0 points for inappropriate clothes/shoes, unsafe play, disrespectful behavior, etc.

Students who are not sitting in their designated squad line at the designated time will be given a PBIS referral on the 2nd infraction.

Students can lose various points in areas for lack of participation/effort.

- Throughout the year students will also be graded on various health topics and fitness regimens. Some of these assignments will be graded using a rubric or traditional point system.

Please read through the policies/procedures and class expectations with your child, sign and return only the signed portion and keep the rest to reference. The Syllabus can be found on our website.

Sign and Return by Friday August 9th

I have read the 2024-2025 POLICIES AND PROCEDURES AND CLASS EXPECTATIONS syllabus and agree to follow All procedures.

Student's name _____ Class Period _____

Parent signature _____ Date _____

Parent email/contact number _____