

SKYRIDGE MID SCHOOL FITNESS EXPECTATIONS and study guide

Mr. Houston, Mrs. White, Mrs. Geiger, Mr. Blair

To insure a safe and positive experience in Fitness for your daughter/son, the Skyridge Fitness staff asks that you and your daughter/son read together the department policies and complete the take home sheet that was handed out in Fitness class. We appreciate your support and cooperation.

FITNESS ATTIRE

All students scheduled in fitness classes will be expected to change out of their school clothes into their fitness clothing.

Fitness clothing consists of Skyridge Logo shirt, shorts or sweatpants, socks, and athletic shoes (shoes with non-marking soles). Fitness Shirts and matching shorts are available for purchase at the school office for \$15.00. Make checks payable to *Skyridge Middle School*. Gym shoes do not need to be expensive brand name shoes. On days that students forget their fitness clothing, clean clothes will be provided and students are expected to change clothes and participate in class. **If you do not have clothes AND refuse to borrow, you will be sent to TMR (Insubordination) for the entire class period.**

LOCKS AND LOCKERS

Each student will be issued a combination lock and locker to use in fitness class. It is the student's responsibility to lock all their belongings, including jewelry, in their locker before class begins. It is important to close the lock, twist the dial, and yank on the lock before leaving the area. The student will be responsible if any of their items are not locked up and turn up missing. If a student loses their lock, a fine of \$5.00 will be issued and turned into the main office. Only locks issued by a Fitness teacher may be used due to safety reasons.

PARTICIPATION AND RULES

Students will be expected to participate, cooperate, get along with others, follow all school rules and do their personal best. Skyridge Fitness rules are:

Play Safe, Play Fair, Play Hard, Have Fun!

Students will be expected to be in the locker room by the tardy bell, or specified time. Approximately 5 minutes will be given to dress at the beginning and end of class.

GRADING: STUDENT ACCOUNTABILITY

Students are responsible for self-assessment on a daily basis at the end of Fitness class. The teachers review the assessment folders at the end of each class period. Students begin each day with 10 points. Below is a list of grading criteria for class.

Goal: 10 point day

◆ **Being on time**

◆ **Dressing down**

- Skyridge Fitness shirt, shoes
- Fitness shorts, sweats, or warm-ups

◆ **Follow classroom rules**

- Play Safe
- Play Fair
- Play Hard
- Have Fun

◆ **Meeting classroom Expectations**

- Completing all warm-ups
- Participating in all activities
- Cooperating and showing respect
- Completing cool-down stretches

◆ **Assessment**

- Completing self-assessments
- Passing quizzes and tests

3 point loss for each behavior:

1. Putting others down
2. Displaying or voicing obscenities
3. Showing poor sportsmanship
4. Intentionally breaking expectations/rules
5. Borrowing loan clothes

5 point loss for each behavior:

1. Being tardy
2. Chewing gum
3. Reduced effort

7 point loss for each behavior:

1. Continued misbehavior
2. Performing unsafe acts

10 point loss for each behavior:

1. Refusing to participate
2. Insubordination
3. Unexcused absence
4. Fighting
5. Destroying school property
6. Failed work

Grading codes:

A—absent

T—tardy

C—clothes

B—behavior

G—gum

LE—low effort

NP—non-participation

FD—follow directions

I—insubordination

NS—no score

SE—school excuse

MX—medical excuse

All excused absences need to be made up 2 weeks after the last absence. If a student does not makeup the absence, they will receive a zero for each day they were absent. Any absence that is school related (i.e. field trip) does not need to be made up. The following needs to be done for EACH day the student was absent:

- A. One page summary of a sports/health article (teacher approved) focusing on the main points, interesting facts, and how it impacts your life.
OR
- B. 45 minute workout at a fitness club or physical activity at home and a form filled out by a trainer, or guardian (forms are available from the teacher).

Grades are based on a percentage of the total points in a semester combined with the Health portion. Six-week *progress reports* will be sent home from the school office. Report cards are sent from the office at the end of each semester, January and June.

90% and above=A

80%-89%=B

70%-79%=C

60%-69%=D

59% and below=F

****Fitness class AND Health class are a combined grade. However, you MUST pass both portions of Fitness and Health to receive a passing grade****

ABSENCES

Absences from a school related approved activity would not affect your grade.

Each time a student is absent, the student needs to make-up the class or it will affect their overall grade.

MAKE-UP FROM EXCUSED ABSENCES

Make up work is due within two weeks of absence.

Make up work is permitted for students that have:

- approved prearranged absences from the Skyridge attendance office
- notes from a doctor due to injury or illness
- parent note for absences, up to five days per semester (*Sleeping in is not acceptable*)

Regularly scheduled practices or games in a sport are not acceptable for make-up points. Make up points must be above and beyond what you are already doing. Each make-up activity is worth 10 points.

REQUIRED NOTES FOR ILLNESSES AND INJURY

If a student is unable to participate in class activity because of illness or injury, **a written note from a parent or doctor must be given to the teacher.** The note will be kept on file for the school year. Students will still be required to change into their fitness attire and be asked to keep score, referee, complete a written assignment, assist a teacher, or walk during class. When necessary, some exceptions will be made by the fitness teacher.

A parent's note will be honored for up to three (3) days. After three days, a doctor's note is required. All notes must have the following information: *Name of student, specific reason student is being excused, date(s) excused, and signature of parent or doctor. If limited activity is permissible, please indicate.*

COMMUNICATION BETWEEN HOME AND SCHOOL

Students may have several teachers during the semester/year here at Skyridge. We believe communication between home and school is vital to each student's school success. In an effort to better communicate with you, we have provided our telephone numbers and e-mail addresses. We would like to request the same from you. Thank you from the Skyridge fitness team.

Teacher	Phone Extension	e-mail
Rick Houston	79132	rick.houston@camas.wednet.edu
Clair White	79100	clair.white@camas.wednet.edu
Sherrie Geiger	79133	sherrie.geiger@camas.wednet.edu
Dave Blair		david.blair@camas.wednet.edu

PLEASE RETURN THIS PAGE TO YOUR TEACHER

Please print this page and fill in the information return it within the specified time to receive ten (10) points. Please keep the previous portions for any questions that might arise.

“I have read and understand the fitness expectations and grading policy.”

Student name _____ Date _____

Teacher (circle): Houston ^(Please print) White Geiger Blair

Class period: _____

Student Signature _____

Parent Signature(s) _____

Home phone #: _____ Work phone #: _____

E-mail address: _____

Medical considerations or other information you want us to know:
