

Fairhaven Middle School's Health and Fitness Syllabus

Vision Statement: *The goal of our class is to teach students the concepts of health and fitness and how they relate to activities and sports, while enhancing lifelong success.*

STANDARDS FOR PHYSICAL EDUCATION: I am physically educated.

1. I work to be fit.
2. I play fairly.
3. I move correctly.
4. I value physical education, fitness and health.
5. I train myself and others.

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EXPECTATIONS:

1. Students are expected to wear work out clothes and running shoes that lace up for every PE class. Dressing for the weather is important to consider since we go outside rain or shine, year round. Lockers are provided for students to leave PE clothes and time is provided at the beginning and end of class for students to change. We understand that students might forget to bring clothes occasionally, so one or two non-suits during a semester does not impact the child's *Success Attribute* grade. Three or four non-suits lowers the grade one point. Five non-suits results in a grade of 1 in the *Success Attribute* grade and the child calling home to ask you to help them create a plan in order for them to be prepared for Health and Fitness class. Six or more non-suits in one semester leads to a lunch detention. It is not our intention to punish students for not suiting down for class, but the three of us understand the importance of wearing comfortable attire in which to participate with maximum effort as well as maintaining good hygiene after exercise. This is especially important among middle school students whose bodies are maturing and sweating more than they did in elementary school.
2. Students will be expected to participate every day they have Health and Fitness class. If your child is sick or injured, having a note from the doctor informing us of what the limitations are, allows us to work with your child to help them move at the prescribed modified level.
3. Three times a year, students will complete Fitness tests. The fitness tests FMS uses are:
 - 1) Pacer Test - a test of cardiovascular endurance;
 - 2) Sit and Reach Test - a measure of hamstring flexibility;
 - 3) Push Up Test - a measure of muscular strength;
 - 4) Flexed Arm Hang or Pull Up Test - a measure of muscular endurance.

Once a month, there will be a mile run, which indicates how your child's cardiovascular endurance is improving. Our goal for your child is that their individual fitness scores will improve over the school year. Students will be setting fitness goals for themselves, as well as having many opportunities to practice these fitness tests daily. By 8th grade, all students should be prepared to create fitness plans for themselves that focus on the fitness component they want to improve.

Directions: Please read this with your student. Then please sign and return the entire page to your child's Health/Fitness teacher by **Friday, September 9th**. You may print a copy of this form from our webpage for your records.

Parent Signature _____

Student Name (Please print first and last name) _____