

## **Freshman Health Enhancement Syllabus 2019-2020**

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The purpose of this class is to teach you the concepts and skills essential to become health literate. Physical education concepts and skills will also be taught so that you have the tools necessary to lead an active lifestyle now and in the future. You will come away with an understanding of the importance of practicing healthy behaviors that can result in drastically reducing your risk of developing some of the leading causes of illness and death in the United States. Freshman Health Enhancement class teacher you how following a healthy lifestyle can play a large role in the prevention aspect of the health care system.

### **School and Classroom Rules:**

**Be HERE**

**Be SAFE**

**Be RESPECTFUL**

**Be RESPONSIBLE**

### **Grading**

Your health enhancement grade will be a reflection of the learning targets you have met. I will be using the standards based grading where:

**4 - EXCEEDS** expectations

**2 - PROGRESSION** towards expectations

**3 - MEETS** expectations

**1 - LIMITED PROGRESS** toward expectations

The learning targets focus on knowledge and skill development in each of the following areas:

- ☐ Develop a basic knowledge and understanding of health concepts and what it means to be healthy
- ☐ Develop and demonstrate skills in a variety of activities that will improve your health
- ☐ Apply movement concepts and principles while learning skills
- ☐ Achieve or maintain a challenging level of fitness
- ☐ Reflect on what you know and make decisions that will improve your health
- ☐ Practice healthy behaviors in school and on your own
- ☐ Practice and demonstrate appropriate communication skills

### **Classroom Support:**

We will be using Google Classroom often in this class. Become familiar with how to navigate Google and all its applications.

### **Make up for missed classes- Be RESPONSIBLE**

You will need to make up 1 hour and 30 minutes of activity for each day you miss. It is also your responsibility to see your teacher for missed work. There will be **one week** allowed to make up work unless there is a medical situation.

There will be a variety of assessments used during the course of the year. Some assessments will be used as part of your learning progress (Formative). These assessments will make up a small percentage of the grading process. There will also be assessments used as a final check (Summative) of your learning and will make up a **large** percentage of the grading process.

**Medical Issues preventing you from participation:**

All medical excuses need to go to the nurse. **To be medically excused, you need to bring in a doctor's note.** If you have a medical excuse and are doing make up work in the library, you are expected to return to class at the end of the period with make-up assignments completed or you will be marked absent for the day. (Be RESPONSIBLE)

**Access to Grades:**

Grades can be viewed on the web-based grading system Q. Both students and parents need a password to log on. For more information please contact the main office. We encourage you to take an active role in your grade and check your grades often.

## **Classroom Behavior and Expectations**

**Activity and Dress (Be SAFE)**

It is important that you dress appropriately for physical activity – mainly for safety reasons and personal cleanliness. Required dress for activity is as follows:

- ✓ Tennis shoes – **NO exceptions**
- ✓ Shorts or sweatpants and T-Shirt – NO tank tops
- ✓ No hats
- ✓ Follow the same guidelines as the school policy

If you choose not to dress for activity you will still be expected to participate as long as the safety of you and others around you is not in jeopardy.

**Come prepared to work in class!** Follow the daily protocol (bring pencils, worksheets, fill out activity longs, etc). Make sure to read the daily information board. This will explain the daily plan.

**Be on Time for class**

Limit missed class time by being on time for class! (Be RESPONSIBLE!) Check in before the bell rings in the gym. Change for activity after you have checked in. When we are in the classroom, you must be in the room before the bell rings.

## **OTHER**

**Cellphones**

Cellphones will be put in cellphone locker during check in before changing out. You will get your cellphone back when class is over and after you have changed out. When we are in the classroom, cellphones will be placed in caddy and can be picked up at the end of class. If we see you with a cellphone during class, it will be confiscated and brought to the office.

**Field Trips**

We will be taking a school bus for any school field trip. You are required to ride the bus and you will not be allowed to drive yourself (Be SAFE).

**Locker Rooms (Be SAFE and Be RESPONSIBLE)**

Make sure all valuables are locked up or given to your teacher for safe keeping. We cannot be responsible for items not locked up, so please bring a lock from home!

**Food**

No food or drink in the gym and/or classroom.