

HEALTH ENHANCEMENT

Health Enhancement provides the opportunity for students to improve their physical, social, emotional, and mental health and to develop healthy lifetime skills, attitudes and lifestyle. Two years of successful completion of Health Enhancement is a requirement for all M.C.P.S. students. Grades are determined by the following criteria:

- **Performance** – Students will be assessed on their skills and abilities in each unit. (10 points – rubric on back)
- **Attitude & Effort** – Students are expected to demonstrate enthusiasm, effort, cooperation, respect for others, sportsmanship, and discipline during all units. (10 points – rubric on back)
- **Policy** - Students are expected to be on time, change into clothing appropriate for the activity and weather, follow all department requirements and remain in the locker room until the bell rings. All freshmen are required to write their last name on the front of their t-shirt. If these requirements are not met points will be deducted from the student's grade. (10 points)
- **Unit Quiz** – Students will be given a quiz during each unit to assess their knowledge of the subject matter. (10 points)
- **Attendance** – Student absences are divided into four categories: excused, unexcused, school-related and medical. There are no penalties for school-related absences or medical absences verified by a medical doctor. However two points will be deducted for all other absences. (10 points)

MEDICAL EXCUSES:

All medical excuses related to health enhancement must be channeled through the school nurse. The school nurse may:

- Decide to excuse the student from physical activity for the day.
- Send the student back to class with a note limiting physical activity, in which case the student must return to class, dress out, and participate on a limited basis.
- Medically excused students are still required to dress out for class.

HOW TO MAKE UP ABSENCES:

1. Excused absences (including absences verified by parents/guardian or the nurse), can be made up.
2. Make up days will be Wednesday at lunch. Please be in the main gym at 11:15.
3. Arrangements for makeup must be made within two weeks of the absence (or when healthy.)

GENERAL INFORMATION:

1. Students will be issued a locker at the start of the year and are expected to provide their own lock. A limited supply of locks can be purchased from the H.E staff for \$5.00.
2. Students are expected to change their clothes and participate fully in all planned activities.
3. Students are expected to use common sense and follow instructions in the use of equipment and facilities.
4. Students must remain in the locker room until the passing bell rings.
5. **Cellphones are not allowed in the locker rooms at any time and will be confiscated.**

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I acknowledge that I have read and understand the requirements of Health Enhancement at Sentinel High School.

Student name _____

Parent/Guardian name _____

Parent/Guardian signature _____

H.E. GRADING SCALE

90% - 100% A

80% - 89% B

70% - 79% C

60% - 69% D

0% - 59% F

Percentages are not rounded up.

Performance (Skills) Rubric

10 points	Student always executes specific skills needed for the activity. Student always understands the rules and terminology associated with the activity. Activity may include a skills test and or rubric.
8-9 points	Student consistently executes specific skills needed for the activity. Student consistently understands the rules and terminology associated with the activity. Activity may include a skills test and or rubric.
6-7 points	Student most of the time executes specific skills needed for the activity. Student occasionally understands the rules and terminology associated with the activity. Activity may include a skills test and or rubric.
0-5 points	Student sometimes executes specific skills needed for the activity. Student understands the rules and terminology associated with the activity. Activity may include a skills test and or rubric.

Attitude/Effort Rubric

10 points	Student is highly motivated, energetic, and demonstrates self-control and respect both to students and teachers. Student is always on task. No verbal prompts needed.
8-9 points	Student is an active participant in class. Student shows a consistent effort, cooperative respectful. No verbal prompts are needed.
6-7 points	Student actively participates in class. Verbal prompts are occasionally needed. Student is generally respectful, but needs at times to be reminded of good sportsmanship.
0-5 points	Student is inconsistent in participation. Student lacks consistent effort in in parts of class. Verbal prompts are often needed.