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**High School PE/WELLNESS**

Dear Parents/Guardians,

Welcome to Fannett-Metal Wellness/PE class. Here is information about classroom expectations, classroom rules, and classroom grading. Please take a few minutes to read and review the information.

PE class and Health class will be combined. Students may be in Health for 2 weeks then switch to PE for 2 weeks. Mr. Best will teach PE. Mrs. Lauthers will teach Health. The topics that could be covered in Wellness (Health) are: Alcohol, Allergies, Body Systems, Bullying, Cancer, Concussions, Cyberbullying, Drugs, Depression, Life Cycle, Lifetime Activities, Nutrition, Obesity, Physical Fitness, Self-Esteem, STD’s, Stress, Suicide and Suicide Prevention. Students will be graded on quizzes/tests, worksheets, projects and classroom participation.

Students are required to change for PE. T-shirts- must have **SLEEVES**, shorts- below fingertips, sweats, socks and sneakers are considered appropriate. If they can’t wear it for school, they can’t wear it in PE. *(Examples: cut off t-shirt, short shorts, tank tops, yoga pants, volleyball tights)* If clothing is inappropriate, the student will be asked to change and receive a 0 for the day. All students will be given time at the beginning and end of class to go to the locker room in order to change. If there is an issue, please inform Mr. Best or Mrs. Lauthers.

The locker rooms have large and small lockers. The large lockers are for the students participating in MS/HS Athletics. The small lockers are available for all other students to use. Locks are provided. If the lock is broken or stolen, inform Mr. G. Best or Mrs. Lauthers.

**GRADING:**

Students are graded daily for PE class. 15 total points are available for PE/Health class. Check the guidelines below for grading:

**15 total points daily for PE**

|  |  |
| --- | --- |
| 5 Points | Changing for class- Must have sneakers, shorts/sweats, t-shirt/sweatshirt |
| 5 Points | Walking 5 minutes/warm up activity |
| 5 Points | Participation – must be **active** to receive all 5 points |

**15 total points daily for Wellness**

|  |  |
| --- | --- |
| 5 Points | Being prepared for class |
| 5 Points | Active Participation |
| 5 Points | Following classroom rules |

Wellness grades will also be given on an individual project basis. Each project that we do will have a point value assessed to it. A rubric for grading will accompany each assignment.

**Classroom Rules:**

**Be Prompt** = Please be in the cafeteria or turning the corner when the bell rings.

**Be Polite** = Treat others the way in which you wish to be treated.

**Be Positive** = Your attitude will dictate what kind of day you are going to have. Positive actions will result in positive results.

**Be Responsible** = If you do not have your things locked up, Fannett-Metal is not responsible for anything that is taken from the locker rooms.

**No Profanity** = Please control your language at all times.

**Be Prepared** = *to be prepared*: **for wellness class** - have pencil, notebook, etc. **For PE class** - have change of clothes. **ONLY SNEAKERS/TENNIS SHOES** will be allowed on the gym floor.

**Cell Phone**= If your cell phone is visible in class, it will be taken.

**Contacts:**

Mrs. Lauthers - 349-2363 ext: 3066; [lauthersj@fmtigers.org](mailto:lauthersj@fmtigers.org)

Mr. G. Best - 349-2363 ext: 3016; [bestg@fmtigers.org](mailto:bestg@fmtigers.org)