

## **3-4 Physical Education/Health Enhancement**

Mrs. Darcy Miller  
Mr. Dominick Vergara

### **Attendance:**

- Attendance will be taken at the beginning of each class period
- Please make sure you are promptly in your seat or dressed and ready to participate or you will be marked absent
- Please review the student handbook for absence and tardy policies

### **Assessment:**

Daily points: 5 max

**50 % of overall grade**

- 1 pt. (D) proper dress/supplies and on time
- 1 pt. (BP) appropriate behavior and positive attitude
- 1 pt. (E) actively participating and giving effort to improve skills
- 1 pt. (R) respectful to others/equipment
- 1 pt. (S) displays good sportsmanship

Skill Testing/Fitness Testing:

**25 % of overall grade**

Tests/Quizzes/Homework:

**25 % of overall grade**

### **Grading:**

Students will be assigned a percentage grade.

### **Completed assignments:**

- All assignments are due on the announced date.
- Make sure all assignments have the proper heading. {first and last name, class, name of assignment, all in the upper right hand corner}
- Completed assignments are to be placed in the class tray or handed directly to me.

### **Proper Dress out Attire:**

- Shirt (no tank tops, short shirts, or anything that reveals undergarments)
- Shorts or sweatpants that allow freedom of movement and do not have any hard plastic or metal features that may cause injury
- Socks and Shoes (Provide support, tied, non-marking, clean)
- Refer to student handbook for further regulations on student attire
- No Jewelry

### **General Rules:**

- No leaving classroom without permission
- Too sick to participate in class, will be assigned a written assignment

- Repetitive excuses for physical injury/non – participation needs medical excuse... needs a doctor's signature to return to class
- Unexcused absence is a zero for the class period missed
- No food or gum during class. If I see gum during class period “-1”
- Sealable drinking containers only
- It's very important that you try and attend all fitness testing days
- 1 person gone from a class at a time (Restroom/Drink)

**Medical:**

If you have any medical condition that is relevant to your participation in an active class please notify the teacher, i.e. asthma, allergies to bees/peanuts, muscular or skeletal limitations.

**Class dismissal:**

- I will dismiss the class, not the clock
- All materials, supplies, and equipment will be put away in their appropriate places
- Before I dismiss the class, the students will be in their seats and the area around their desk will be picked up

**Discipline policy:**

- See student handbook
- All behaviors will be handled with appropriate consequences

**Contact Information:**

Mrs. Darcy Miller  
E-mail: miller@eldergrove.k12.mt.us  
Phone: 406-656-2893 ext. 121

Mr. Dominick Vergara  
E-mail: vergara@eldergrove.k12.mt.us  
Cell: 970.381.4350

## 2016-2017 Units

### **Fall 2016 – Physical Education Units**

- Soccer
- K-4 (Rock Wall)
- Basketball w/ Tournament
- Dodgeball Tournament
- Collaborative and Cooperative Games
- K-4 (Parachutes)

### **Fall 2016 – Health Topics**

- Safety at Home
- Safety away from Home
- Taking Care of Yourself
- Disease
- Personal Health

### **Fall 2016 (Fitness Testing Days – Grades 5-8)**

- October 2-28
- November 28 - December 16

### **Spring 2017 – Physical Education Units**

- K-4 (Jump Rope Unit)
- Collaborative and Cooperative Games
- Volleyball w/ Tournament
- Wiffleball
- Frisbee
- Track and Field
- Kickball

### **Spring 2017 – Health Topics**

- Needs / Feelings
- Families
- Drugs
- Healthy Community
- Alcohol/Tobacco

### **Spring 2017 (Fitness Testing Days – Grades 5-8)**

- February 27 – March 17
- April 24 - May 19

## (K-8) Physical Education/Health Enhancement

Welcome to Physical Education/Health Enhancement. To help students and parents better understand the philosophy of the physical education program at Elder Grove School, we are distributing this letter to all students. **We are expecting all students to review this letter with their parents/guardians and then return the colored back page signed within one week of receiving it.**

State and national studies show that many Montana school-aged youth engage in health risk behaviors – such as tobacco use, improper diets, and physical inactivity. Since many of these behaviors develop during childhood it places our young people at risk for chronic disease later in life. It is the goal of the physical education program to help these young people develop skills and obtain the knowledge to avoid high risk behaviors and enjoy an active healthy lifestyle.

Health Enhancement combines the disciplines of “health” and “physical education” into a single curriculum with its focus on health-related outcomes. Concepts learned in the classroom are reinforced in the gymnasium and vice versa. Health is essential to a quality of life and leads directly to improved learning. Health enhancement develops the skills and behaviors necessary for students to become healthy, productive citizens who take personal responsibility for their own well-being as well as social responsibility for the health of their community. Health enhancement is a critical component of the educational process.

The skills that your son/daughter should have after completing this course are:

- To know the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
- To develop basic movement skills that are the foundation students need to order to lead a more active and productive life.
- To identify and understand the application of basic rules and strategies in a variety of physical activities.
- To develop a certain degree of physical fitness through regular physical activity so they may enjoy an active, productive and healthy life.
- To develop problem-solving techniques that will make it possible for individuals to transfer health knowledge into healthy lifestyles.
- To demonstrate ways to communicate care, consideration, and respect for self and others
- To demonstrate strategies to analyze and manage conflict in healthy ways.
- To be able to enjoy participation in physical activity.
- To recognize the social benefits of physical activity.
- To participate in health-enhancing physical activity outside of school.
- To work cooperatively with a group to achieve group/team goals in both cooperative and competitive settings.
- To demonstrate strategies to improve or maintain personal and family health.

The activities and lessons will be organized and presented in a way that will give each student a chance to acquire the skills listed above.

Mrs. Darcy Miller  
Mr. Dominick Vergara

Elder Grove Schools, K-8<sup>th</sup> Grade Physical Education/Health Enhancement  
Parent/Student/Teacher – Contract

**Behavior Expectations:**

- Follow directions the first time they are given
- Bring needed materials to class. Proper gear for PE, book, paper and pencil for Health class.
- Raise hand and wait to be recognized before-speaking. You are expected to be quiet and listen when I begin talking, whether you are working in small groups or with the entire class. You need to pay attention when we are talking about technique or drill procedure.
- Respect teachers, classmate and equipment. You are expected to keep your hands to yourself (unless skill requires contact) at all times whether you are running or working in groups or while participating in drills or games.
- You are expected to take proper care of equipment as explained for each unit
- Proper behavior is expected in the locker rooms as well as gym and outdoor facilities

**When you're absent:**

- It is the student's responsibility to ask for their missing work due to an absence.
- If a student misses a quiz or test they need to make arrangements to make it up.
- When absent, makeup work is due in twice the number of days you were absent.
- Assignments may be requested prior to an extended absence; however I will expect the work to be turned in upon your return.
- See student handbook

**Completed assignments:**

- All assignments are due on the announced date.
- Make sure all assignments have the proper heading. { first and last name, class, name of assignment, all in the upper right hand corner }
- Completed assignments are to be placed in the class tray or handed directly to me.

**Missing assignments:**

If your child has a missing assignment they will stay in for recess until their assignment is completed.

**Textbooks:**

It is the student's responsibility to take care of their book. The student will be responsible for any damages incurred during the use of the textbook.

---

**I have read and understand the policies stated in this contract**

**Parent Signature:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

Parent E-mail: \_\_\_\_\_ Date: \_\_\_\_\_