LaVergne High School Wellness Program

**Course Overview: The Wellness curriculum is separated by gender and incorporates both health and physical education. Students will spend one semester in the health class, and one semester in physical education. The following health units are taught during the health portion of the class: Nutrition; Mental Health; Disease Prevention and Control; Substance Use/Abuse; Sexuality and Family Life; Safety and First Aid. Students will participate in the following physical education activities: Volleyball, Basketball, Soccer, Relays, Quarterly Fitness Test, Whiffleball, Badminton, Pickleball, Floor Hockey, Handball, Ultimate Frisbee, and other organized games. It is our mission to create a fun and safe learning environment for our students.**

**Dress Requirements:** “Dressing out” means changing from your school clothes into appropriate clothing for physical activity as described below and changing back into your school clothes after class. To be successful in physical education class it is imperative that you dress out and participate in each class. Every student is required to dress out in Wellness and Physical Education. Students are only exempt from dressing out if a doctor or parent/legal guardian note is presented. The items that you need are as follows:

 **Lock** Bring a lock for your locker in the dressing room. Lockers should be locked any time a student is not near the locker to prevent personal items being stolen. Lockers are NOT to be shared.

 **T-Shirt** A student must have a plain white, royal blue, gray, or black t-shirt.

 A LaVergne High School Logo is acceptable, regardless of color.

 **Shorts/Sweats** A student must have shorts that are acceptable in length and fullness

 for freedom of movement, but will stay in place without being held

 by hand, belt or suspenders. A LaVergne High School logo is

 acceptable. Shorts length and shirts should be worn the same as

 stated in the school dress policy. No sagging of shorts will be

 tolerated. Acceptable colors are royal blue, white, gray, or black shorts. Blue jean shorts, cut offs, and yoga pants are prohibited.

 **Shoes** Any type rubber sole athletic shoes with laces are acceptable. Shoes

 that mark the floor will not be allowed. No open-toed, heel out, slip

 on, boots, flip flops, or other casual shoes.

**Medical Policies/Sick Notes/Injury Notes:** Students with medical conditions are responsible for turning in appropriate letters from doctors to his or her wellness teacher. Medication/Inhalers is to be given to the school nurse for distribution. If you do not have medical insurance, LHS offers coverage.

If a student is sick or injured, a hand written note from the doctor and/or parent/legal guardian is required to excuse them from dressing out/physical activity. A note from a parent will only be valid for one day and must include a contact phone number.

**Grading Policy:**

**🡪 Daily Assignments:** Daily Assignments count for 35% of students’ grade. Daily Assignments include completion of dressing out in appropriate attire and daily participation in activities.

**\*\*** *Each student will have the opportunity to receive 20 points per day – 10 for dressing out in the appropriate clothing and 10 for participating during the daily activity. This totals to 100 points per week to be earned.*

**🡪 Test Grades:** Test Grades account for 30% of students’ grade. Test grades include Literacy Lessons, Benchmark Tests, Midterm Exams, and Final Exams. Our benchmark, midterm and final exams will consist of the Presidential Physical Fitness test as well as questions pertaining to the material learned during the quarter. The grading scale for the physical fitness test is below.

**🡪 Standards Based Grades:** Standards Based Grades (SBG) will account for 35% of the students’ grade. These grades are given throughout the semester as students are exposed to and master standards.

**Tardy Policy:** A student will receive a tardy if he/she is late to class without a written excuse from another teacher stating the reason for why they were late. A student is also considered tardy if he/she is not in his/her assigned spot in the gym after dressing out prior to the beginning of class. Students have six minutes from the time the tardy bell rings at the beginning of class to get changed, ready for class, and in their assigned spot on the floor. School tardy rules and discipline steps apply in the gym.

**Bathroom Policy:** Students are expected to use the restroom during the six allotted minutes at the beginning and end of class for dressing out. Students will only be allowed to use the restroom during class if it is an extreme emergency.

**Food/Drinks:** Food, drinks, and gum is prohibited in the gym during or between classes with the exception of BOTTLED WATER ONLY.

**If you have any questions or concerns, please email your child’s wellness teacher.**

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| PHYSICAL FITNESS TEST |
|  |  |  |  |  |  |
| Boys |
| **Activity** | **5 pts** | **4 pts** | **3 pts** | **2 pts** | **1 pt** |
| Mile Run/Walk | 6 min | 7 min | 8 min | 9 min | 10 min |
| Shuttle Run | 7 sec | 8 sec  | 9 sec | 10 sec | 11 sec |
| Push Ups | 25 | 20 | 15 | 10 | 5 |
| Sit Ups/Crunch | 50 | 45 | 40 | 35 | 30 |
| Sit and Reach | 17-27 cm | 6-16 cm | 0-5 cm | (-8)-(-1) cm | (-20)-(-9) cm |
|  |  |  |  |  |  |
| Girls |
| **Activity** | **5 pts** | **4 pts** | **3 pts** | **2 pts** | **1 pt** |
| Mile Run/Walk | 10 min | 11-12 min | 12-13 min | 14 min | 15+ min |
| Shuttle Run | 10 sec | 11-12 sec | 12-13 sec | 13-14 sec | 15+ sec |
| Push Ups | 15 | 13 | 10 | 7 | 5 |
| Sit Ups/Crunch | 25 | 20 | 15 | 10 | 5 |
| Sit and Reach | 21-30 cm | 11-20 cm | 1-10 cm | (-7)-0 cm | (-15)-(-8) cm |
|  |  |  |  |  |  |
| **Grade Scale** | **Score** | **Rubric** |  |  |  |
| **A** | **25 pts** | **100** |  |  |  |
| **A** | **24 pts** | **96** |  |  |  |
| **A** | **23 pts** | **93** |  |  |  |
| **B** | **22 pts** | **88** |  |  |  |
| **C** | **20 pts** | **84** |  |  |  |
| **C** | **19 pts** | **80** |  |  |  |
| **C** | **18 pts** | **76** |  |  |  |
| **D** | **17 pts** | **72** |  |  |  |
| **F** | **16 pts** | **68** |  |  |  |