

Harbour Pointe Middle School



Health & Fitness Handbook



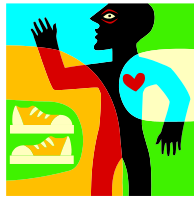
Welcome to HPPE!



The purpose of this handbook is to help you better understand our program and student expectations. Our program is designed to help students grow physically, socially, emotionally and academically. We believe that physical fitness is important and we model this daily. We work with students through physical education, which involves activities that will benefit the "whole" person for a lifetime. Understanding the importance of physical fitness will allow the students to make healthier decisions concerning the care of their bodies. With the growing concern of childhood obesity, diabetes and cardiovascular disease in our country, we find physical education to be even more necessary than in years before. Research shows that by the time children reach the age of 14, exercise and eating habits are already formed. Therefore, a strong physical education program in the middle school years can make a difference in forming positive health habits for adulthood. With the knowledge gained through participation in this course, students will have the ability to develop their own physical fitness programs and find activities they can enjoy outside of class.

Units focus on fitness, team and individual sports, leisure and recreational activities, dance and aerobic activities, aquatics, strength training and cooperative games. Fitness concepts include: target heart rate, personal fitness and FITT principle. Students will also be introduced to the skills necessary to maintain a healthy lifestyle: goal setting, nutrition, self-concepts, and health risks. This course incorporates both the Washington State Health and Fitness EALR's and the framework established by the International Baccalaureate MYP.

We look forward to the opportunity to work with the students at Harbour Pointe Middle School. We ask that you **read through this handbook, sign the last page, and return the portion to your teacher.** If you have any questions or concerns, please contact one of the following instructors at 356-6658 or by email. You may also visit our Health & Fitness website.



Sincerely,

Harbour Pointe Health & Fitness Staff

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Activities



Frisbee
Softball
Golf
Tae Bo
Archery
Lacrosse
Juggling
Speedball

Football
Volleyball
Pickleball
Running
Scooters
Basketball
Soccer
Swimming

Floor Hockey
Badminton
Bowling
Step Aerobics
Team Games
Fitness Testing
Line Dancing
Frisbee Golf

Swing Dance
Weight Training
Track & Field
Orienteering
Roller lading
Table Tennis
Gladiators
Wrestling



Fitness Running



One of the most effective means of improving overall fitness is through walking and running. With this goal in mind, the students will be running a 25-minute run each week. The students will be involved in many other aerobic/cardiovascular activities the other four days of the week. Students will also have the opportunity to run with exercise heart monitors this year. Students will be able to practice training at their exercise/target heart rate. This is an exciting new addition to our P.E. program. We hope to use the watches more regularly this school year.

1. Our goal is to run regardless of weather, so wear sweats over your P.E. clothes when needed.
2. Please keep in mind that students with medical problems who need to substitute this activity can do so, but they must bring a note from a physician. Notes need to be written for that particular day stating the circumstance. Physical conditions that prevent a student from running for more than one day should be dealt with by contacting your student's P.E. teacher.
3. Instruction on ways to improve physical fitness and endurance will be given, as well as encouragement to set individual goals in this area.
4. Students will be graded on participation and improvement. (20% of grade)



Uniform



1. Harbour Pointe P.E. T-shirt (ash) or solid white T-shirt
2. Harbour Pointe P.E. shorts (navy) or solid navy or black shorts
3. Athletic shoes with support and shoelaces -Wear shoes that lace and stay on your feet. No skater shoes.
4. Sweats are optional and recommended (any color)
5. Harbour Pointe P.E. uniform cost is \$18.00 a set (T-shirt=\$6.00, shorts=\$12.00)

The Harbour Pointe P.E. uniform is a white T-shirt and navy blue shorts with the hawk logo. We will be selling the uniforms before and after school and at lunch during the first week of school. You may purchase just the shorts or just the shirt if you do not need the full set. Students must have their name on each P.E. clothing article.

If purchasing the P.E. uniform is not possible, students can wear an all white or ash colored, plain T-shirt with her/his name across the front and navy blue or black shorts. (No zipper or buttons on the shorts) The shirt and shorts must be without any logos of any sort. They must be clothes other than what the student wore to school that day. There are no other uniform options.

Expectations

1. SUIT UP EVERYDAY!

- a. Students are expected to suit up everyday. All P.E. gear must be worn to get credit for that day.
- b. P.E. clothes must be kept in your P.E. locker.
- c. P.E. clothes must be taken home at least once a week to be washed.
- d. If you are unable to suit up for a health reason you must bring a note from home explaining the circumstance and signed by a parent or physician. The student may be required to do an alternate activity or written assignment to make-up the activity missed.
- e. All non-suits, other than medical reasons, will be required to participate in an alternative workout. (walk/run the track)
- f. No jewelry or watches are to be worn during class.



FAILURE TO SUIT-UP:

1st time = loss of daily participation points

2nd time = unit grade lowered to a "C"

3rd time = failing grade in that unit

2. BE ON TIME!

- a. Students must be in the locker room by the tardy bell and in their squads by 5 minutes after the bell.
- b. Consequences for being tardy = 1 mile run and loss of daily points

3. SUPER BEHAVIOR IN THE LOCKER ROOM!

- a. Make sure you lock your belongings in your locker.
- b. Keep the locker room clean.
- c. No bags, clothes, books, etc. are to be left in the locker room.
- d. No food or gum in the locker rooms.
- e. No horseplay or running in the locker rooms.
- f. Students will stay in the locker room after class until the teacher excuses them.

- g. Lost or stolen items are unfortunate, but they are the student's responsibility. **ALWAYS LOCK UP YOUR BELONGINGS!**
NO BACKPACKS IN THE LOCKER ROOMS!



Grading Criteria



Our program grading system is based on a point system. Students earn points on a daily bases in the following areas.

1. **Participation: 50% of grade**
 - a. Suit up and be on time!
 - b. Effort - Students are expected to try new skills to the best of their ability.
 - c. Behavior - Students will respect one another, teachers, and their school.
 - d. Cooperation - Students will work together in class.
 - e. Sportsmanship - Students will demonstrate fair play, honesty, acceptance of outcomes, and support of fellow students.
2. **Activity Logs: 10% of grade**
 - a. Students are required to keep an exercise log of their out of school physical activities. They are due Friday of each week.
3. **Written Tests/Quizzes and Skills: 20% of grade**
 - a. Students are required to have knowledge of the skills, rules, and terminology of each unit. Written tests and homework may be given.
4. **Fitness Runs: 20% of grade**
 - a. Weekly distance run/walks are graded on effort and improvement. Runs are treated as weekly quizzes. They must be made up if you are absent, regardless of the reason for the absence.



Attendance and Make-Ups



Attendance is vital for success in our program. Excessive absences, failure to suit up, late arrivals to class, or lack of full participation has an adverse effect on the student's academic success. **ALL ABSENCES MUST BE MADE UP REGARDLESS OF IF THEY ARE EXCUSED OR UNEXCUSED!** When a student is absent from P.E. class it is her/his responsibility to make-up the work at home or at school. The student has the current trimester to make up absences in order to earn her/his participation points missed. A run day missed must be made up at school (like missing a test) by a run after school. For long term absences, special circumstances or absences near the end of the quarter, please contact your P.E. instructor to make special arrangements. When a student misses class due to a school activity he/she does not have to do a make-up, unless it is a run day.

Make-Ups

1. **Each student has 2 Free absent days per trimester:** This allows a student to miss class twice during a trimester with no point loss.
2. **Each student can do 2 home make-ups:** On the third and fourth absences during a trimester the student has the option to use a P.E. homework sheet. This allows the student to make-up her/his work at home with a parent's supervision. The sheet must be completed, signed by a parent and returned to the instructor.
3. **School Make-ups:** When a student is absent he/she always has the option of making up the time and activity at school. The weight room is open Mondays and Tuesdays with teacher supervision from 3:00-4:00 PM. For more than 4 absences in a trimester, the student must make-up the time in the weight room after school. Students staying after school can ride the 4:15 activity bus home.

<p>Make-Up Days Monday - 3:10 PM Tuesday - 3:10 PM</p>

The Key to P.E. Success is simple

1. **Be on Time!**
2. **Suit up Everyday!**
3. **Participate!**
4. **Work Hard!**
5. **Have Fun!**
6. **No Backpacks!**

Please sign and return the bottom portion to your Physical Education Teacher.

I have read the Harbour Pointe Middle School Physical Education Handbook and understand my student's responsibilities.

Parent/Guardian Signature: _____ Date: _____

I have read the Harbour Pointe Middle School Physical Education Handbook and understand my responsibilities and the expectations in P.E. class.

Student (print please): _____ Date: _____