

# **Fitness and Wellness**

*Mrs. Werner-Johnson*

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Location: Middle School Gym, Office in south end of gym

The mission of Mrs. Werner-Johnson's Fitness and Wellness class is to teach students to be safe, responsible, respectful, and be a learner so they can be successful. It is my vision the students will have fun while working hard in a comfortable and positive atmosphere to learn lifelong skills to achieve success.

My goal as a Fitness and Wellness teacher is to implement and teach you new skills, develop character, honesty, integrity, trust, teamwork, sportsmanship, and give you a foundation of what it takes to be physically fit for a lifetime. It is my ambition, that through the Sidney Middle School Fitness and Wellness program you will learn and will take with you the following ideas to help you mature into a responsible adult:

1. To tell the truth.
2. To do the best no matter how trivial the task.
3. To choose the difficult right instead of the easy wrong.
4. To look out for the group before you look out for yourself.
5. Not to whine and make excuses.
6. To know that determination is more important than talent.
7. To develop trust and integrity.
8. To be responsible and accountable for your actions.
9. To be true to yourself.
10. To develop lifetime skills for a healthy productive adult life.



- Come prepared to work hard each class period.
- Complete written assignments.
- Turn in ALL work on time.
- Take advantage of extra credit opportunities offered.

## **Fitness Expectation Matrix:**

<b>Be Safe</b>	<b>Be Responsible</b>	<b>Be Respectful</b>	<b>Be A Learner</b>
<ul style="list-style-type: none"> <li>• Walk when entering and exiting the gym</li> <li>• Keep hands, feet, and equipment to yourself</li> <li>• Use equipment appropriately and only when given permission to</li> <li>• Body should be free of jewelry and mouth free of gum or candy.</li> </ul>	<ul style="list-style-type: none"> <li>• Bring all materials, including clothes, to class</li> <li>• Be in the gym when the music stops.</li> <li>• Follow classroom routines.</li> <li>• Put equipment away correctly.</li> </ul>	<ul style="list-style-type: none"> <li>• Sit facing forward with eyes on the speaker.</li> <li>• Keep equipment still during instructions</li> <li>• Use appropriate language</li> <li>• Display positive sportsmanship.</li> </ul>	<ul style="list-style-type: none"> <li>• Listen attentively when others are speaking.</li> <li>• Play games according to the rules.</li> <li>• Participate to the best of your ability.</li> <li>• Learn from your mistakes.</li> </ul>

### **Equipment Needed:**

Shorts	Any type of athletic shorts that meet school dress code rules. (No cut-offs, spandex, jeans, extra short, leggings, or casual shorts are allowed). Shorts will be worn properly with the waist band at waist level with all skin and underwear covered when the student touches his/her toes.
Shirts	Plain white, gray or black <b>t-shirt</b> without any logos or writing on them. Shirts will be worn correctly not inside out or tied in the back. (No tank tops, long sleeves, sleeveless tops or sweatshirts-unless outside on chilly day).
Socks	Any type
Tennis Shoes	They must be clean, have shoestrings and be tied. Skateboard shoes must be tied on the outside and not just tucked in. Shoes must stay on when doing physical activity (They cannot be sandals, or slip-ons without backs).
Hair Ties	Long hair must be pulled back and tied in some manner.
Sweats	Not required but may be used when we are outside.
Deodorant	Any type will do!
Gym Bag	Any type to bring clothes to and from locker.
Folder	A simple 2 pocket folder separate from any other folder-do not need to bring every day. Used for written assignments and study guides for tests.
Pencil	Needed for written tests.

## **Starting 5 Fitness Routine**

Go to the locker room

Change into PE clothes and immediately report to the gym

Enter the gym with a voice level of 1

Walk around the gym, keeping hands and feet to yourself

Go to assigned spot when signaled

# GRADING

Grading in Fitness is based more on effort than ability.

If you try has hard as you can but are not athletically inclined you can earn an A.  
If you are an athlete but do not use your ability to your potential you will not earn an A.

To pass this class you need to: dress out, participate to the best of your ability, act appropriately, complete and turn in written assignments, and pass the written tests.

## **The Grading Scale is:**

**90 -100 = A**

**80 – 89 = B**

**70 – 79 = C**

**60 – 69 = D**

**0 – 59 = F**

**Any double 0's for misconduct or open defiance result in 5 points off your 9 weeks grade.  
Each nine weeks your grade is calculated in these areas.**

### **1. Exercise and participation**

#### **55% of your grade**

You can earn 20 points per activity day.

10 points are given for your exercise grade and 10 points are for working to the best of your ability and cooperating.

The 10 points for your exercise grade is broken down into these areas.

1 – stretching

1 – sit-ups

3 – upper body (push-ups/dumbbells/etc)

5 – cardiovascular (running, etc.)

The 10 points for participation are given as follows:

10 – for outstanding effort and skill

7 – for average effort

5 – for below average effort

The following result in an automatic loss of points for the day:

0 – for failure to bring clothes, swearing, having candy or gum, making inappropriate remarks or inappropriate behavior in class or in the locker room, negative report from a sub-which will also result in a yellow slip and consequences as defined in the student handbook. (these are just some examples, not limited to these)

00 – for continued misbehavior, inappropriate language or remarks, or open defiance.

### **2. Tests/Projects**

#### **35% of your grade**

Usually 50 questions and study guides provide 90% of questions on the tests.

### **3. Written Assignments**

#### **10% of your grade**

Written assignments will be handed out in class and will be due the following PE class period unless otherwise noted.

# Classroom Procedures

1. You are expected to dress out every day. You will be given 1 free no dress pass (excuses you from receiving a 0 for class only-yellow slip will still be issued for being unprepared) for the semester. If you forget your clothes and have not used your freebie you will not have any penalty and will participate using the fitness department's "borrow clothes" or if they are all gone, in the clothes you are wearing. Thereafter, if you forget your clothes, you will receive a 0, and a yellow slip. Multiple 0 grades for no clothes will result in further consequences.
  - A. Wearing your PE clothes under your regular clothes results in a 0 and a yellow slip.
  - B. Wearing the same shorts/shirt to school and Fitness results in a 0 and a yellow slip.
  - C. Sharing PE clothes will result in a 0 for both students involved. This is extremely unhygienic.
2. You will not need a note from home to be excused from class. We use **common sense** when dealing with injuries or illnesses. If you have a serious injury of illness that requires you to be excused from PE, you must have a written excuse from the doctor. Please make sure the note designates how long you are out of PE and what, if any exercises you can do. If you have asthma you will bring your inhaler and use when needed. **PLEASE LABEL INHALERS!!!**
  - A. Students should talk to Mrs. Werner-Johnson if they have a minor injury or are not feeling well.
3. If you are medically excused from a Fitness activity you may be required to complete a report which will replace your activity grade. This will be handled on a case by case basis, as not every injury or illness is the same, therefore each situation may be handled differently. You will be required to take the written test on any unit missed during the time missed due any medically excused non-participation time.
4. Any misconduct or vandalism in the locker room results in a 0 and yellow slip. Continued misconduct will result in **EXPULSION** from class and failing Fitness and Wellness. If you find the locker room out of order, you are being picked on, you witness or hear any misconduct, or you lost money report it immediately.
5. Watches, necklaces, long and/or hoop earrings cannot be worn. You are responsible for these items. **If you have any money, DO NOT LEAVE IT IN THE LOCKER ROOM.** Turn it into me so it won't get stolen.
  - Fitbit or activity tracking watches may be worn as long as they are not a danger to the owner and others in class.
6. If you need to leave the gym for any reason, you must get permission. (Unless you are going to get sick).
7. Swearing, smart or sarcastic remarks, making fun of students, having candy or gum results in a 0 for the day, and a yellow slip.
8. Hats may not be worn when class is outside.
9. If the class leaves the main campus, we walk as a group on the sidewalk. No one is to run ahead of the pack and the class will cross the street together with Mrs. Werner-Johnson.
10. Students may touch and use equipment only when instructed to do so.
11. Failure to play the game according to the rules results in a zero for the day and a yellow slip. Not following the rules the second time results in a 0 for the unit.
12. Students are charged the cost of equipment if it is broken when not used in a proper manner.

13. In school suspension results in a 0 for that day unless we are taking a test. You are required to take the test during your suspension.
14. Please display good personal hygiene habits. Wash up and use deodorant after class. While at home display good hygiene and shower or bathe regularly, especially on fitness days and after sporting activities.

## **Late Work**

As per the Sidney Middle School policy, late work will be accepted and expected to be completed and turned in. The grade the student earns, will be 50% off of the grade the student earned based on the work turned in. For instance, if the student turned in an assignment 2 days late and did work that earned him/her and 80% the grade entered into the gradebook would be a 40% with the 50% deduction.

## **Absences**

PE is like any other class in which work must be made up for missing class. It is the responsibility of the student to check with the teacher to obtain work for any missing days. More often than not, the student will be required to make up exercise time, but there are times in which an assignment or test was given the day of an absence. If the required work is to do exercise the student will have 2 weeks to complete the workout. Any work not turned in or made up within the time allotted will be counted as a 0.

- A. If an assignment was due the day of the absence, it is expected to be turned in the class period they return to PE. If test was given and the student had prior notice, the student will be required to take the test upon return. If a student has a study hall they will take the test during that time so they don't miss any class time. Again, it is up to the student to make arrangements with Mrs. Werner-Johnson.
- B. Students will be given 2 free days per quarter. This means if they miss class and they check with Mrs. Werner-Johnson to see what their make-up is, and it is to do exercise, they will be exempt from it.
  - a. Their free day cannot be used on days we do fitness challenges or on days we have written assignments or tests.
  - b. Out of exercise passes cannot be used on make-up work.