**Rocky River Middle School Health/ Fitness Education**

**Expectations:**

1. Students are expected to be on time to class.
2. Students are expected to bring materials and be dressed ready to participate.
3. Students are expected to be responsible for belongings and locked in assigned lockers.
4. Students are expected to participate fully in all activities unless medically excused.
5. Students are expected to give 100% effort in all activities regardless of skill level.
6. Students are expected to treat others with respect.
7. Students are expected to follow all directions and act/play in a safe manner.

**Uniforms:**

Each student is required to wear a Rocky River Fitness uniform. Our uniform consists of a pair of gym shorts, t-shirt, tie tennis shoes and socks. Students will be directed to take uniforms home on Fridays and return with them washed the following Monday. Uniforms are on sale prior to the beginning of the school year. Money is collected with all other school fees. If you wish to purchase a uniform at any other time, you may purchase them in the main office of the middle school. Checks may be made payable to Rocky River Middle School. Shorts - $8.00 & Shirts - $8.00

**Lockers:**

Each student is assigned a new gym locker at the beginning of the school year. Combinations are changed each year so that previous students no longer have access to old lockers. The only person who is given the combination is the student who is assigned that specific locker. Students are expected to lock up their uniforms/belongings at the end of each class. It is their responsibility!

**Medical Issues/Excuses:**

Each student is expected to participate EVERYDAY. If there is a medical concern we need written notification. If it is an extensive excuse, a doctor’s not is necessary so that the student can be place in a study hall for the duration. Likewise, a note will also be necessary for them to return to regular fitness activities after a medical leave.

-Up to 3 days – Parental note will be accepted

-3 days to 2 weeks – Doctor’s note and remain in class

-2 weeks or more – Doctor’s note and placed in a study hall for duration

(The fitness teachers are not monsters… we want to be fair. But we also know that laziness can become a habit. If students are well enough to come to school, they are expected to participate, or at least change, stretch and do what they can.)

**Fitness Activities Include:**

-Football -Fitness Training -Softball

-Jump Rope -Soccer -Track and Field

-Basketball -Tennis

-Floor Hockey -Volleyball

-Ultimate Frisbee -Speedball

-Other Cooperative/ Fitness Games -Team Handball

-Dance -Badminton

**Fitness Grading Policy:**

Fitness education grades are quarter grades and are determined from the following 3 areas:

1. Participation – all students begin with 100% and points are deducted for lack of participation.
2. Skills and knowledge – written quizzes and skills tests are given
3. Dress – all students begin with 100% and points are deducted for not changing into proper fitness uniform.

**Health Subjects Include:**

-Nutrition/ Eating Disorders -Disease (Communicable/Noncommunicable & STDs)

-Personal Fitness/ Body composition -Safety and First Aid

-Communication Skills -Family Living

Drugs & Alcohol/ D.A.R.E.

**Health Grading Policy:**

Health grades are a *semester* grade. Students will rotate to all teachers and receive approximately 6 weeks of health a semester.

**Please feel free to contact any of us with questions or concerns regarding your children. Boys Fitness Office: 356-6877 Girls Fitness Office: 356-6880**

(Mr. Fowler and Mr. Harris) (Mrs. Fougerousse)