



# EMMAUS HIGH SCHOOL

## WELLNESS FITNESS COURSE SYLLABUS

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### COURSE INFORMATION

Wellness & Fitness

Class Location: Main Gym

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Website: <https://www.eastpennsd.org/ehs/faculty-staff/wellness-fitness/>

Phone: (610) 965-1650

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### COURSE DESCRIPTION

Wellness/Fitness is designed to expose students to a variety of physical activities throughout the course. With exposure to activity options, students can establish exercise preferences and make independent choices based on personal enjoyment. This will hopefully translate into a continuation of being physically active throughout their lifetime. Course units include lifetime fitness, mindfulness, racquet sports, team sports, and weight training.

### COURSE LEARNING OBJECTIVES

Students who complete this course successfully will be able to:

- **Participate and engage in a variety of physical activities from both an individual and team aspect**
- **Gain a greater understanding of the impact physical activity has on mental and physical health**
- **Discover new activities students can participate in throughout their adult lives**
- **Improve students' social wellness by regularly engaging with classmates in a variety of physical activities**

### RECOMMENDED TEXTS, MATERIALS, EQUIPMENT:

-The safety of our students is foremost in our teachers' minds therefore, students must furnish their own athletic attire which consists of a shirt and shorts/pants that are compliant with the EHS dress code. Footwear must be sneakers that are athletic in nature with a closed front and back. Sneakers must be tied and laced as designed by the manufacturer. No platform/elevated soles will be permitted. A lock will be provided for students' personal belongings. Any lock that is not returned at the end of the marking period will incur a \$10 debt.

### INSTRUCTIONAL STRATEGIES

Students earn a vast majority of their points through regular participation in class. The ultimate goals are maximum participation and enjoyment, and an understanding of the value physical fitness has in students' lives. We want students to collaborate and problem-solve while utilizing team strategies through a variety of different games/activities.

### EXTRA HELP

All EHS teachers are available to students needing extra help Monday, Tuesday, Wednesday, and Friday during Hornet Homeroom. Students can make up a missed class during any of their free periods throughout the marking period in which a wellness/fitness class is taking place. If a student does not have any free periods they should talk with their teacher to establish a plan of action to make up for the missed participation.

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## **Emmaus High School Grading Information**

Emmaus High School recognizes the importance of our grading practices and the impact they can have on our students and families. In an effort to clarify and align our approaches, we have compiled the information below.

### **The purpose of our grading practices is:**

- To communicate academic achievement status to students, parents, and others
- To provide information that students can use for self-evaluation and growth
- To encourage student growth and progress in learning
- To identify students for available educational opportunities and supports
- To evaluate the effectiveness of curricular, instructional, and assessment practices and programs at EHS and throughout EPSD

Grades are summary statements of student performance and must be attached to clearly defined, course performance levels and expectations. These expectations will be clearly outlined in the course syllabi, rubrics, and assignment explanations which will be consistent between teachers of the same course.

Below are the agreed upon grading expectations for all students in Emmaus High School. Some are consistent for the entire school and others are department specific.

### **Schoolwide Grading Agreements:**

**Minimum Number of Grades per Marking Period** (in every course) = 9

**Maximum Number of Grades per Marking Period** (in every course) = 40

**Distribution of Grades:** *Weighted Categories for all courses and will be defined in the syllabus for each course*

- No more than 20% of each marking period can be “compliance” grades
- A minimum of 80% of each marking period must be assessment grades with feedback
- All teachers of the same course must have the same distribution or breakdown of grading categories.
- Common assessments for major assignments should be utilized within the same course.
- Grades will be updated WEEKLY in PowerSchool
- Examples of Types of Grades:

<u>Compliance Grade Examples</u>	<u>Assessment Grade Examples</u>
<ul style="list-style-type: none"><li>● Completion points for homework</li><li>● Signatures on forms</li><li>● Participation points</li><li>● Punctuality, Following Rules</li><li>● Notebook Checks without feedback or corrections</li></ul>	<ul style="list-style-type: none"><li>● Graded tests, quizzes, warm ups, exit tickets</li><li>● Graded Lab Reports</li><li>● Graded Writing Samples, Research Papers, Essays, etc.</li><li>● Graded Projects and / or Presentations</li><li>● Graded Group Assignments</li><li>● Graded Speaking in World Language classes</li></ul>

### **Failing Grades:**

- Teachers will call home to notify families of a failing grade

## WELL/FIT GRADING POLICY

The grading policy and PowerSchool categories for this course are as follows:

Compliance Grades
Participation

-Your grade in a wellness/fitness class is based on a DAILY GRADE

- Attendance is NOT optional.
  - You are granted 1 GAB (Gratis Absence) a marking period which does not negatively impact your grade.
  - Unexcused absences CANNOT be made up.
  - Failure to come prepared in athletic attire will result in a '0' for the class period. You may not participate, but you are able to make up the class.
  - Warm up activities are a prerequisite for class participation. Failure to participate in the warm up activities will result in a zero for the class.
  - Students must make up any classes they miss due to illness, excused absence, or being unprepared.
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## CLASS EXPECTATIONS

Students are expected to be prepared in appropriate athletic attire in order to participate in class. A variety of activity options will be provided to students throughout the marking period. It is expected students will choose an activity they enjoy and participate safely and to the best of their ability. We ask students to be respectful to the instructor as well as the rest of the class in order to maintain a comfortable classroom environment.

## MEDICAL POLICY

If a student is unable to participate due to a medical issue, they must provide their teacher with a doctor's note as soon as possible. They will then receive a medical procedure contract to earn points through an alternative assignment(s) or activities until the student is cleared for physical activity. There are no medical exemptions of any kind. Classes/Points will need to be made up via alternate activities/assignments.

## ACADEMIC HONESTY POLICY

Cheating, otherwise called Academic Dishonesty, is a serious offense that can have both short-term and lasting consequences which can be found in the EPSD Code of Conduct. Academic Dishonesty includes actions such as:

- Forgery is the act of intentionally representing one's own work as another's.
- Plagiarism/Cheating is the act of presenting, either intentionally or unintentionally, another person's work as one's own or sharing one's work with another without explicit permission.
- Copying another's work and submitting it as one's own
- Using information from a research source, whether word for word or paraphrased, in a written assignment without citing the source as a reference. This is known as *plagiarism*. Using the words or ideas of another, be it a friend, relative, or published writer, without giving credit to that person is unacceptable in all types of writing assignments.
- Providing one's work to be copied or submitted by another student
- Gaining access to part or all of a test, quiz, or assignment ahead of time without teacher permission and using it to gain an unfair grading advantage
- Providing access to part or all of a test, quiz, or assignment to another student without permission
- Falsifying a student record
- Collaborating on work assignments without prior approval to do so
- No cheat sheets or any kind

## CELL PHONE POLICY

In an effort to create an environment more conducive to academics and learning, Emmaus High School will be recommitting itself to upholding best practices for the use of cell phones in the school setting. The following classroom cell phone policy will be enforced in all classrooms:

Cell Phone Policy	Consequences for Non-Compliance
<ul style="list-style-type: none"> <li>● Students are welcome to use their phones, earbuds and smart watches until <i>the bell rings for the start of class</i>. Once the class begins, all students are to place their phones on their desk pouches, or in cell phone caddies provided in classrooms. The pouch must be sealed and remain on the student's desk and cell phones may not be accessed for the remainder of the class.</li> <li>● All devices must be on silent.</li> <li>● Teachers may not have their cell phones visible during instructional time as well.</li> <li>● There are times when we may use cell phones as a part of a class activity. The expectation is that students will not be using this time to access social media, games, etc.</li> <li>● When going to the bathroom or anywhere else in the building, the electronic device pouch must remain on the desk and electronic devices must stay in the classroom while you are out.</li> <li>● Students may not take cell phones to the bathrooms regardless of the class they are leaving.</li> <li>● Upon finishing classwork <u>and</u> teacher's discretion, students may be entitled to access your electronic devices during a break (less than 3 minutes of class time).</li> <li>● If the student is using electronic devices during class, outside of what has been stated above, a verbal warning will be issued first and subsequent violations will follow the consequences outlined below</li> <li>● Accommodations will be made for students or required by a student's SDI or behavior plan</li> <li>● Students who monitor health issues using their phones will be provided a clear pouch to view their cell phones at all times.</li> </ul>	<ol style="list-style-type: none"> <li>1. <b>1st Use:</b> Verbal warning will be issued by the teacher.</li> <li>2. <b>2nd Use:</b> By the end of the class period, before leaving the classrooms, the student will email their parents/guardians and copy their assistant principal and teacher on the email explaining the situation regarding the electronic device in class.</li> <li>3. <b>3rd Use:</b> Teacher will provide an email or phone call to a parent/guardian within 24 hours and the teacher may direct the student to place the phone on the teacher's desk until the end of the block. In the email, the teacher must request a response from the parent/ guardian to acknowledge receipt of the email or phone call.</li> <li>4. <b>4th Use:</b> The teacher may refer the student to their administrator for disciplinary action under the Insubordination infraction (Level 2).</li> <li>5. Continued Insubordination or Disrespect:             <ol style="list-style-type: none"> <li>a. Students who become seriously disrespectful (foul language, refusal to comply, disruption in class, etc.) with a teacher about the electronic device procedure will be issued an immediate referral.</li> <li>b. If the teacher feels the student should be removed, they will call the Assistant Principal and then send the student with a pass to the AP office. The teacher will write the referral immediately after class. The administrator will code this as Continuation of a Level 2 infraction.</li> <li>c. Teachers should not physically remove or take a device from a student or their desk.</li> </ol> </li> </ol>



# EMMAUS HIGH SCHOOL WELLNESS FITNESS COURSE SYLLABUS RECEIPT AND ACKNOWLEDGEMENT FORM

## **STUDENT AND PARENT COMMUNICATION EXPECTATIONS:**

In an effort to streamline the communication process and allow all parties to have the opportunity to address concerns, EHS has developed this communication plan. The expectation is that students and families will follow these steps for communication with Emmaus High School faculty and staff. If the appropriate steps are not followed, families may be redirected to work through this process. [Communication Expectation Document](#)

## **STUDENT AND PARENT ACKNOWLEDGEMENT AND SIGNATURE:**

Students and Parents/Guardians, by signing this page, you are acknowledging that you have read and understand the expectations of this course and will adhere to the information included in this syllabus.

### **STUDENT**

I have read, understand, and will adhere to the information in this syllabus.

PRINT NAME \_\_\_\_\_

STUDENT SIGNATURE \_\_\_\_\_

DATE: \_\_\_\_\_

### **PARENT/GUARDIAN**

I have read and reviewed this syllabus with my student, and we understand and will adhere to the information in this syllabus.

PRINT NAME \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE: \_\_\_\_\_

PARENT/GUARDIAN EMAIL ADDRESS: \_\_\_\_\_

PARENT/GUARDIAN PHONE NUMBER: \_\_\_\_\_