

ACTIVE LIFESTYLE INFORMATION SHEET

Goal: To promote a lifelong healthy lifestyle.

EQUIPMENT NEEDED DAILY: a change from your regular school clothes ...

1. T – Shirt ... completely covering torso, no tank tops, muscle shirts. The shirt must have sleeves.

2. Shorts ... no short-shorts - mid-thigh or longer; biker-shorts may be worn under P.E. shorts,

but please no cargo pants, & no jean shorts.

3. Gym shoes ... may be same as worn to school, but must be tied – do not wear hikers, “knobs”, or

slip-on shoes. Shoes should not make marks on the gym floor.

4. Deodorant ... no aerosol cans & no glass

5. Sweats ... (optional) for cool weather days

6. Jewelry – removal will be discussed by your individual teacher

Permanently mark all items so if lost, we can get them back to you or you can identify them.

**Refusing to dress out for class affects your daily participation grade!!! Consequences may follow.*

EXCUSES FROM CLASS:

1. School personnel (nurse, dean, advisor, principal, or teacher) with written note.

2. Doctor’s written orders – include a specific length of time to be out of the activity and specific directions on what you are able to do.

3. Parent written note – limit of 2 per 9 weeks grading period

***Student-Athletes:** If you do not participate in the activities for the day, you may not play or practice that afternoon or evening in your school sport activity. See locker room supervisor immediately if you forget your change of clothes.

BEHAVIOR IN CLASS:

1. Students will need to be in the locker room by the end of the passing period/bell (see school tardy

policy in agenda).

2. Students will be released from class at the teacher’s direction.

3. Keep your own personal space and property to yourself. Keep track of your possessions in the

locker room, and keep valuables locked in your locker. Keep your P.E. locker locked at all times.

4. Students are expected to show respect and self-control to other students and teachers.

CONSEQUENCES OF POOR BEHAVIOR OR LACK OF WORK:

1. Verbal warning and/or conference between teacher and student (written or verbal).

2. Detention (lunch time).

3. Parent-teacher conference ... by phone, in person, by e-mail or in writing.

4. In-school suspensions or Friday School with Dean approval (guidance office referral).

Active Lifestyle Website:

<http://www.bcsc.k12.in.us/1592201217131058340/site/default.asp>

Testing:

We will fitness Test 3 times throughout this nine weeks. The goal is to look at improvement. If you continue to improve, your grade will benefit. The approximate dates of testing will be 1st week of class, mid-term week, and final week of the quarter.

Overview of course:

This course is designed around the components of fitness. Each day of the week is set up to focus on these goals. These will usually be the same days each week. Your participation and effort are the main components to this portion of the grade. Your goal should be to work your body the most you can each day, then you will be able to gain results and benefit from improving your lifestyle.

Checking Grades:

Grades can be checked at any time on parent connect in order to see progress at that point. The grades are determined by the combination of participation, effort, following the rules, fitness testing, and improvements.

If you have any questions, please feel free to contact me through email at :

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Or by phone:

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