



El Dorado High School

LIFE FITNESS GUIDE

GRADUATION REQUIREMENTS:

Students must pass 2 years (20 credits) of Life Fitness in order to graduate. Life Fitness 1 and 2 will participate in fitness, strength training, aquatics, team sports, individual sports, and dance & rhythms. Students will learn about the effects of physical activity on dynamic health and biomechanical principles of human movement.

GRADES:

- **Participation 80%**

To earn maximum points, students must be dressed for class in the EDHS uniform, on time, give full effort for the entire period, finish runs under the allowed time, and follow all class rules.

- **Tests 20%**

Skill and physical assessments are given in Life Fitness class. Failure to pass these tests will result in a lower grade. All missing tests must be completed. Gradebooks will be closed the week prior to finals.

BEHAVIOR:

Students are expected to be on time, courteous, respectful, prepared, and ready to fully participate. Profanity and defiance will not be tolerated. Students who refuse to follow class rules will have their grades lowered, assigned detention, and/or sent out of class with a referral.

CELL PHONES / NON-EDUCATIONAL ELECTRONIC DEVICES:

The use of cell phones and non-educational electronic devices is strictly prohibited in ALL Life Fitness classes and facilities, including locker rooms and restrooms. Students who refuse to follow this rule will have their devices confiscated and turned into the office.

UNIFORMS:

Life Fitness uniforms will be available through the Life Fitness Department. If a student cannot afford to purchase one, then the EDHS PE Department will supply the student with one. **Wearing your PE uniform is mandatory to attend Life Fitness Classes – NO EXCEPTIONS.**

1. EDHS Life Fitness shorts and T-shirt with your name (*this will be done by your PE teacher*)
2. Athletic shoes
3. Cold weather option – Sweatshirts and sweatpants can be worn over the PE uniform. (*Students are required to show uniform at roll call*)

Life Fitness uniforms are to be worn only by the owner. Students who choose to wear another student's uniform will be sent to the office for disciplinary consequences. The uniform may not be altered or written on in any way. If any part of the Life Fitness uniform is lost, the student must replace it immediately. Failure to do so will affect a student's grade.

LOANER CLOTHES:

The staff at EDHS will provide a clean loaner uniform, when available. Students who forget their gym clothes will check out loaners from their individual teacher's office within the first 5 minutes of the period. The first 3 times a student uses loaners will NOT be counted against their grade. After the 3rd time, students will be sent to the Office for disciplinary consequences.

Loaner clothes will not be available for the first 3 weeks of the school year, to encourage every student to get their Life Fitness uniform.

NON-SUITS:

Students who choose NOT to use Department loaner clothes and show up to roll call as non-suits will be sent to the administration office for discipline. A non-suit will be given if any part of the uniform is missing or if school clothes are worn underneath. Non-suits will also be issued to students wearing inappropriate footwear.

MEDICAL EXCUSES:

Students who are ill or injured must communicate with their teacher before warm-ups to determine appropriate participation for the day. An ill or injured student in street clothes will be considered a non-suit and given no credit. A student with an illness or injury for 3 consecutive days or more, needs to return our **EDHS Physical Education Medical Modification Form (see attached; also available on the EDHS School website)**. The inability to participate for 6 or more weeks will result in a drop from PE. If a student has asthma, a Doctor’s note and the district asthma form, completed and signed by the Doctor, is required. The District asthma form must be on file in the nurse’s office.

LOCKS AND LOCKERS:

Students will provide their own combination lock. A “master” brand combination lock is highly recommended. Key locks are strongly discouraged. Each student will be assigned a locker - students are NOT allowed to share lockers. PE teachers will engrave the back of each lock with the student’s ID number. Lost locks must be replaced immediately. Do not keep gym clothes in an unlocked locker. A locked backpack cage is available during the period for any items that are too big for your locker. Do not share your locker, lock, or combination with anyone else. Make sure no one is looking over your shoulder to see your combination. EDHS and the Life Fitness Department are not responsible for items damaged, lost, or stolen from students’ lockers or the backpack cage. Lock up all personal belongings! Do not leave anything out and unprotected. Please leave all valuables at home!

OFF LIMITS:

Students are not allowed in any Life Fitness facility without a teacher present. This includes the teacher’s offices, weight room, gyms, dance or wrestling rooms, swimming pool area, tennis courts, and storage areas. Stay out until a teacher arrives. The locker rooms are off-limits throughout the day except for passing periods. Students caught in the locker room will be referred to an Assistant Principal.

TARDIES:

Students must be in the locker room before the tardy bell rings. Students are allowed 5 minutes after the tardy bell rings to dress and meet at roll call location. Tardies affect participation points and grade, and should be made up.

ABSENCES:

Students are required to make up all missed class time. Absences for any reason are considered missed class time, and students will receive no participation points. Failure to make up absences will lower your grade.

FLEX TIME (MAKE-UPS):

Flex Time is an embedded intervention period. This period will give students time during the school day to relearn missed concepts and information, practice necessary academic skills, and pursue co-curricular enrichment activities. Tuesday through Friday students will have 40 minute sessions to access tutoring, remediation, and enrichment activities. Students will be required to sign up for a Flex offering all four days. This is a class period. Not attending Flex Time is the same as not showing up to class.

CUT LINE:

At the end of class, students must stay behind the clearly marked “cut line”. If students cross the line, they will be marked with a cut and sent to the administration office for discipline.

ATHLETES:

All EDHS Student-Athletes are required to dress and participate daily, including on game days. Athletes who fail to participate will receive 0 points and their coach will be notified.

(CUT THIS LINE)

(CUT THIS LINE)

(CUT THIS LINE)

(CUT THIS LINE)

PLEASE SIGN AND RETURN TO TEACHER

I have read and understand the El Dorado Life Fitness Guide and Department policies. I know if I have any questions I can ask a Life Fitness teacher for more information @ (530) 622-3634

Student Name _____
(Please Print Clearly)

Student Signature _____

Parent Signature _____