

DESERT HILLS MIDDLE SCHOOL - HEALTH AND FITNESS

Welcome to Health and Fitness class at Desert Hills.

My goal for your child is to improve his or her fitness, measured through fitness testing, improve their skills, and to enjoy physical activity enough to make exercise an enjoyable, valued lifelong habit. I hope to model my own commitment to a life of physical activity by joining in class activities when possible.

The rules and expectations for my class are online. To find them follow the directions below:

- Desert Hills Middle School web page
- Learning
- Health and Fitness

Read through the information with your child and answer the questions. The parent and student should sign, date, and return the document to me. **This is the first assignment and points will be awarded when the student returns the form to me.**

1. What type of shirt is required for Desert Hills fitness class?

2. What type and color(s) of shorts are to be worn to PE?

3. Can you wear the same shorts you wore to school to PE and be "dressed down"?

4. What happens if a student puts a lock brought from home on their PE locker?

5. If a student has an injury or illness that keeps them from participating **for more than three** days in a row, an excused note by a _____ is required. Depending on the injury, illness, PE make ups may or may not be required.
6. If a student has an injury/illness and will be out 1-3 days in a row, a note can be written by a _____ to excuse the student from fitness class. A PE make-up is still required for those excused days.
7. True or False, You can leave the locker room whenever you feel like it or when your friends say you can leave. _____
8. True or False, Not locking up your belongings and leaving your clothes and books on the locker room bench is a good idea because it saves you time. _____

9. True or False, Items never get stolen from the locker room, especially those not locked up. _____
10. True or False, when excused to the gym, sitting in your role spot is a very good idea.

11. What is the best choice: A-taking your friend to the nurse's room when she gets hurt without telling a teacher OR B- reporting the injury to friend's teacher so he/she can evaluate the injury and provide appropriate first aid? Circle the best answer: A or B
12. True or False, Water bottles, with your name on them, are a good idea during the outside units, because there are no drinking fountains on the outside field. _____

YOU ARE DONE. BE SURE TO SIGN, DATE, AND RETURN TO MRS BLIZARD

I am looking forward to working with your student this year. If you have any questions or concerns please feel free to e-mail me at tina.blizard@ksd.org. The parent portal on the Kennewick School District web site is also available for you to stay current on your students' progress in class.

Mrs. Blizard

WE HAVE READ AND UNDERSTAND THE RULES AND EXPECTATIONS FOR HEALTH AND FITNESS CLASS

STUDENT SIGNATURE

PARENT SIGNATURE

DATE

_____ Class Period _____

Printed student name

Questions/ Concerns: