

The Faces of EHS Physical Education



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ENTERPRISE
HIGH SCHOOL

PHYSICAL
EDUCATION IS THE
ONLY SUBJECT
WHICH, BY THE
VERY NATURE OF
IT'S CONTENT, HAS
THE POTENTIAL TO
AFFECT HOW A
PERSON WILL FEEL
EVERY MOMENT OF
EVERY DAY FOR THE
REST OF HIS OR
HER LIFE

What to Wear?

- Enterprise High Physical Education Uniform Consist of:
 - Our uniform
 - With Last Name only on front of shirt and shorts
 - Any Enterprise Apparel of school colors on game days
 - Must meet the school dress code policy along with EHS Phys.Ed. Dept. Policy
 - Shirts with sleeves
 - Athletic shoes with laces (non-marking)
 - Sweatshirts in school colors
 - grey, white or black

CLASS EXPECTATIONS AND RESPONSIBILITIES

A successful student will be one whom can be:

- present to earn daily points
- dressed out in proper Physical Education Attire
 - responsible for their Phys. Ed attire, storing and cleaning
- to class and roll call on time
- able to complete all class work at the best of their ability
- responsible for all medical excuses and absences make up
- able to follow school wide cell phone/ear bud policy

ASSESSMENT AND GRADING

Daily Evaluations:

Students will be evaluated on a daily basis. Those evaluations include the following:

1. Participation and Cooperation- Dressed properly for class, on time, in assigned roll call order
2. Warm up- Performing all components of the warm up to the best of the student's ability
3. Cardiovascular Training- Performing the cardio workout activity to the best of the student's ability, on a bi-weekly basis.
4. Activity- Participation and cooperation in all aspects of the daily activity; drills, games lectures,

MEDICAL EXCUSES:

A parent note or phone call to the Health clerk is required to excuse a student from class. Students are limited to 3 parent notes per year. A Doctor's note is required for any medical condition lasting for more than 3 days. Students will be required to complete an alternative assignment, which will be due at the end of the period for each day excused. Failure to complete the assignment will result in point deduction. If a student will be unable to participate for an extended period of time of more than a quarter a parent/teacher/counselor conference will need to be made.

A PURPOSE IS SERVED



The purpose of physical education is for all students

- ◆ To learn and develop fundamental movement skills
- ◆ To become physically fit to participate regularly in physical activity
- ◆ To know the implications of and the benefits from involvement in physical activities
- ◆ To appreciate the value of physical activity and its contributions to a healthy lifestyle

Facts About Physical Activity

- ▶ • The percentage of overweight children has more than doubled since the early 1970s.
- ▶ • Physical inactivity and poor diet account for an estimated 300,000 deaths per year.
- ▶ Inactive children are more likely to become inactive adults.
- ▶ • The cost of overweight and obesity to the U.S. economy is \$117 billion annually in direct and indirect medical costs.
- ▶ Tips to getting fit
<http://archievs.ob-us.com/obs/english/books/pg/getfit.htm>



IMPORTANCE

Why is Physical Education So Important?



Here's Why ...

- ⚙ *Reduced Risk of Heart Failure*
- ⚙ *Improved Physical Fitness*
- ⚙ *Weight Reduction*
- 🔊 ⚙ *Good Health Promotion*
- ⚙ *Self Discipline*
- ⚙ *Skill Development*
- ⚙ *Improved Self – Confidence*
- ⚙ *Stress Reduction*
- ⚙ *Increase Their Love of School and Performance in Academics*
- ⚙ *Development of Lifetime Skills and Activities*



Dear Parents and Guardians:

Encouraging our youth to be physically active is more important than ever before. Increasing a child's level of physical activity is not only important for improving their health, but recent studies also indicate that physical fitness levels are associated with academic performance, school attendance, and discipline. As a part of your child's Physical Education program, their class will be participating in the FitnessGram® assessment which measures health-related fitness for youth.

The FitnessGram health-related fitness assessment offers multiple tests to measure aerobic capacity, muscular strength and endurance, flexibility, and body composition. We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The FitnessGram assessment provides a measure of good health as opposed to athletic ability.

Students may be assessed using options from the following test items:

- PACER, One-Mile Run, Walk Test
- Push-Up, Modified Pull-Up, Flexed Arm Hang
- Height and Weight, Percent Body Fat
- Curl-Up
- Back-Saver Sit and Reach, Shoulder Stretch
- Trunk Lift

For more information regarding the FitnessGram assessment, please refer to www.FitnessGram.net. If you have other questions, please contact your child's physical education teacher.

Thank you for attending!