

You will have the opportunity to participate in a wide variety of activities during the PE portion of class. Some of these activities include: Fitness, Football, Cooperative Stations, Ping Pong, Wall Climbing, Pinball, Volleyball, Team Handball, Basketball, Weight Training, Floor Hockey, Swimming, Badminton, Soccer, Stxball, Softball, and more.

During the health portion of class we will learn about fitness, first aid, nutrition, human sexuality, tobacco, alcohol, and drug use.

Both classes will focus on introducing students to a wide variety of activities and topics with an emphasis on life-long fitness and developing a healthy lifestyle.

Students will receive two separate grades. One for health and one for Phys. Ed.

Phys. Ed. and Health grades will be given for each of the four grading periods. (Health meets 60 times a year and Phys. Ed. meets 120 times a year.)

**This is how your health grade is determined:
Assignments 50%
Tests 50%**

**This is how your Phys. Ed grade is determined:
Daily Participation 50%
Assignments 25%
Tests 25%**



**Welcome To SMS
7th Grade
Physical Education
and Health Class!!**



I am looking forward to a happy, healthy year. If you have any questions, please contact me at 833-7199, ext. 348 (P.E.) or ext. 327 (health).

Email
mkuse@seymour.k12.wi.us.

In addition any forms, study guides, permission slips, and a Health/P.E. calendar can be found on my website which is located at the SMS site.

Sincerely,
Matt Kuse

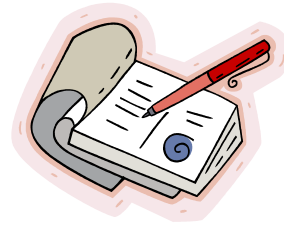
I have read and understand the Health/P.E. class policies .

(Student Signature)

(Parent Signature)

Class Hour _____

Normally you will have P.E. on Monday, Wednesdays, and Fridays and Health on Tuesdays and Thursdays. To avoid confusion a calendar will be posted in my classroom and also on my website.



For Physical Education:

- Students must change into Phy. Ed. clothes for class each day. Tennis shoes must be worn (no sandals allowed). Students may not wear the same clothes worn to school for PE class. Extra shoes and clean clothes are available for students to borrow if needed. Early morning classes should bring OLD tennis shoes and an extra pair of socks because of the wet morning grass.
- Students are expected to:
 1. demonstrate good effort during all activities.
 2. be respectful to teachers and classmates.
 3. show good sportsmanship at all times.

Name calling and disrespectful language will not be tolerated.

- Students are to participate in each class unless a parental note excuses them from activity. If a student is to be excused from more than two classes, a doctor's excuse is needed. Our general policy is "if you are well enough to be in school, you are well enough to participate in class."
- Students must have a combination lock purchased from the SMS office for their locker room locker. Locks cost \$5.00. Since the middle school locker rooms are used throughout the day and evening for many activities, it is important that students **ALWAYS LOCK THEIR LOCKERS.**



For Health Education:

- Please bring a notebook and folder to class each day as well as a positive attitude to contribute to class discussions and activities.