**Lifetime Wellness (HPELW)**

**Health. Physical. Education. Lifetime. Wellness.**

**Class Syllabus**

**Watkins Overton High School**

**Coach Carruth**

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Welcome to Lifetime Wellness at Watkins Overton High School. This course is taught utilizing The **Michigan Model for Health™ (MMH)** curriculum. Scholars will become more intuitive through interactive courses of physical activities. Completing competencies of this curriculum will **ensure** lifelong skills to maintain a positive lifestyle suitable for students and families.

**Grades:**School policy dictates that students should have **at least two grades per week.** There are five categories for grading. Each category has an individual weight, a percentage of the final cumulative grade. The weight for each category is listed below:

* Assessment: 40% Chapter Test covering competencies
* Classwork: 35% written or physical activities asked to perform
* Homework: 5% classwork not completed in class (important school documents to sign and return)
* Projects: 10% Activities assigned correlating to specific topic(s)
* Participation: 10% completing physical activities, answering when called upon

**GRADING SCALE:**

**(A)** ....90-100 (**B)** ....80-89 (**C)**....70-79 (**D)**....60-69 (**F)**....59-Below

**Classwork:**

Assignments are created to meet the objectives of the Michigan Model for Health (MMH) curriculum. Assignments should be completed in class. Assignments should be turned in when completed. Assignments submitted two days after the initial date will be considered late.

**Homework:**
 **Any classwork assignment not completed during allotted class time is considered Homework. Homework assignments are due the next class meeting.**

**Assessments:**

The instructor will use **formative assessments (quizzes)** and **summative assessments (tests)** to measure mastery of course concepts

**Projects:**
Students are assigned one project every quarter. Class time may be set aside for students to work on their project, but generally students are expected to complete their projects outside of class.

**Missing Assignments/Makeup Work:**

All missing assignments and assessments will be recorded as a 0 (zero) in the gradebook until it is submitted or made-up. **It is the student’s responsibility to make arrangements for missing assignments and assessments.**

**District Cell Phone/Personal Communication Devices Policy (#6024):**

Memphis-Shelby County Schools Policy states that students should not be in possession of phones or personal communication devices at any time during the regular school day. Students who are in possession should have the device turned off and stored. Students may have their device taken from them and kept by the school, the principal, or the designee until a parent is notified. Repeated violations of the policy will result in additional consequences in accordance with the district-wide discipline policy.

**Bullying/Harassment:**

Every student is entitled to an education free from harassment. Disrespect or bullying towards any student or teacher WILL NOT be tolerated. Behavior as such will result in disciplinary action.

"A true leader is not a searcher for consensus but a molder of consensus."

Dr. Martin Luther King Jr.