Mr. Cambruzzi Mr. Gerspach

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Dear Students and Guardians,

Fitness for Life is a class where students are exposed to fitness and health benefits in life. Expectations are high for all students in Fitness For Life. Expectations for students will include:

1. **Dress** - Students are required to dress out for Physical Education and Health. IN ORDER TO RECEIVE FULL CREDIT FOR FITNESS FOR LIFE, STUDENTS MUST WEAR THE **CRESTDALE PE UNIFORM**, which can be purchased from the PTO website. Full uniforms are $20, and $10 for individual shirts or shorts, sweatpants are optional and can be purchased for $15. We would prefer that all uniforms be purchased online! If you cannot afford the Crestdale PE uniform, please let your teacher know discretely **in writing**, as soon as possible, and ONE will be provided. On occasion students will be required to go outside, we encourage them to wear appropriate clothing as temperatures dictate, as well as shoes which may get dirty.
2. **Shoes**- students are required to wear athletic shoes, *tied tightly at the discretion of the teachers* at ALL TIMES. Students will lose points if their shoes are not properly tied.
3. **Hair and Accessories**: Hair must be in a tight bun like style. No jewelry allowed. This is to prevent injury
4. **Absolutely** ***no gum*!**
5. **Excuses** - If a student must be excused from an activity for one day, a note from a parent will be sufficient; however, he/she will still dress out for class. Select activities missed will require a make-up. **In order to be excused from physical activity for two or more days a doctor’s note will be required.**
6. All students will be required to complete at least a 30 minute workout, every day of class.
7. All students will be required to complete 2 health related projects, one per quarter.
8. All students will be required to complete a daily journal as part of their formal assessment.

**Supplies REQUIRED: PERSONAL COMBINATION LOCK Clorox Wipes, PE Uniform, Pencil or pen.**

**General Rules of Fitness For Life**:

1. Treat teachers and our facilities with respect.
2. Avoid all types of horseplay, and respect the rights of others
3. It is the responsibility of the student to come to class with all necessary supplies.
4. Do not bring valuables to class. *You should bring a lock,* which may only be used in the locker room on the day of class.
5. \*\*\*Report all injuries to teacher when they occur.
6. NO GUM IN CLASS!!! (Violations will result in point deductions, and written assignment.)
7. Shoes must be tied “tightly” at all times.
8. You are responsible for your actions.
9. Students are expected to participate fully and attempt activities giving their best effort.
10. Students are not permitted to touch equipment, or to adjust equipment without permission of the teacher

**Release of Liability**

In consideration of CMS allowing the above named student to participate in fitness education, we agree to release and hold CMS, it’s teachers and other employees free, harmless and indemnified from and against any and all claims, suits, or causes for actions arising from or out of injury that the student may suffer from participation in the fitness course other than injury from gross or willful negligence.

We acknowledge and understand that there is a risk of injury involve in fitness education. We understand that the student will be under the supervision and the instruction of a Crestdale faculty member in order to reduce the risk of injury to the student, and other students. However, we acknowledge and understand that neither the teacher nor CMS can eliminate all injury in activity. Injuries can and do occur. Fitness Education injuries can be severe and in some cases may result in permanent disability or even death. We freely, knowingly, and willfully accept and assume the risk of injury that might occur from participation in this class.

**Parent initials \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Health Related Issues** should be listed below. As a reminder, in Fitness for life, students participate in physical activities so teachers need to be informed in order to take precautions to maintain a safe and healthy learning environment. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Daily Grade will be assessed

|  |  |
| --- | --- |
| Point value |  |
| 5  | Preparedness: (1 point each)Tennis ShoesPE ShortsPE shirtsPen/PencilClorox Wipes |
| 5 | Daily Workout participation |

Fitness for life is an elective class, where students should plan to be active, and moving for the vast majority of the class. Students will complete fitness stations using a majority of body weight, and spin bikes, amongst other equipment. Students will also have the opportunity, through the form of projects, to learn about a topic of their interest, and present their findings to the class.

A presentation rubric will be provided during class, based on the assigned project.

**Parent/Guardian Signature** Daytime Phone # **Student Signature**

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*Please print neatly*

**Parent/Guardian Printed Name** **Student Printed Name**

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**Parent Email**

In compliance with federal law, Charlotte-Mecklenburg Schools administers all education programs, employment activities and admissions without discrimination against any person on the basis of gender, race, color, religion, national origin, age or disability.