Welcome to Reedy Creek Middle Schools Healthful Living Department!

Healthful Living consists of two components: 1) Health Education Class and 2) Physical Education Class (P.E.). Students are required to dress out for P.E. class and bring appropriate materials to Health class. We look forward to an exciting and productive school year!

**Grades**

Participation – 40% - (engaged in activity, sportsmanship, playing but the rules, health assignments)

Dressing out – 30% - (dressed out in proper PE athletic wear)

Tests – 30% - (fitness runs, health tests/quizzes)

**Dressing Out**

Students are considered to be dressed out if they wear the following:

* Reedy Creek T-Shirt or T-shirt of Red, Black or Grey portraying school colors
* Black Athletic Shorts/Pants (no jeans, jean shorts, cargo shorts, etc.)
* Sneakers (shoes must have laces and must be tied)
* Socks

Dressing out Grading System:

Students start the beginning of the week with 100%.

**NC**- Student does not wear RCMS shirt or school colors = **-1 point**

**NS** - Student does not wear proper shoes or is half-dressed out (Ex. Student has athletic shorts and shoes but has on a collared shirt) = **-5 points**

**ND** – Student wears street clothes or has 2 or more items missing from dress out attire = **-10 points**

Total points are subtracted at the end of the week

**Recommended Supplies**

* Gym Bag
* Combination Lock (this must be removed at the end of the class each day)
* Water Bottle
* Sweatshirt/ Athletic pants (for cooler weather)

**Injury/Illness**

Students will be excused up to three days from and activity due to an illness/injury with a signed parent note. If a student needs to be excused from an activity for four or more days, a doctor’s note is required. Students that are not able to walk due to an illness/injury may be sent to complete and alternate writing assignment.

**Contact Information**

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