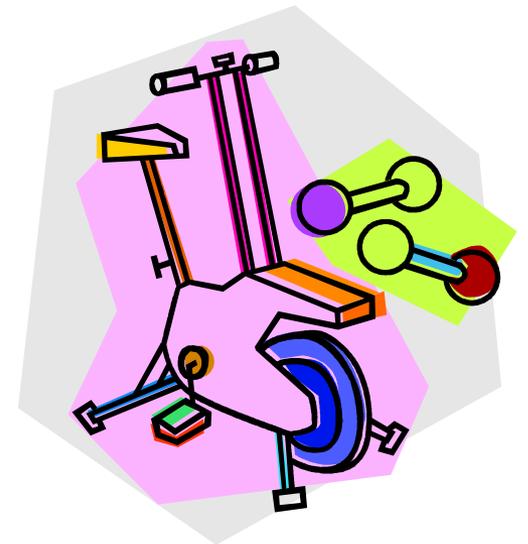


LIFETIME FITNESS/SPORTS



COURSE DESCRIPTION

- Lifetime Sports is an activity based course designed to provide students with the knowledge necessary to develop and maintain a physical activity for life.
- The course incorporates a variety of activities and technology to teach various sports.
- Activities used to teach fitness principles include warm-ups, sport specific exercises, sport skills, dance, various organized games, and cooperative activities.
- Class participation, performance checklists, and fitness assessments will be used to evaluate student success.



REQUIREMENTS

- To receive credit for class, students are expected to wear proper clothing; participate fully in all activities; and successfully complete tests, written assignments and projects.
- For hygiene purposes, students are required to change from regular school clothing into a clean t-shirt and shorts or sweat suit, socks and athletic sneakers. Students are expected to change out of these clothes at the end of class.
- **VALUABLE ITEMS**, should be locked and secured or may be left with the teacher before class begins. The school cannot be held responsible for the loss or theft of items left in the locker rooms. Students may use lockers during their assigned class period only.
- Please do not leave clothes in the locker room overnight. Students will have 5 minutes at the beginning and the end of class to change clothes.
- Showers are available (additional time will be allotted).



REQUIREMENTS CONT.

- A written note from a doctor or the school nurse is required if a student is too injured or ill to participate in class. Written notes from parents must be taken to the school nurse for a medical evaluation before PE class begins. Modified physical activities will be given if the injury or illness is not severe. Expect to dress out every day, and do as much as possible. Alternate assignments will be given during class, seminar or as take-home assignments.
- Chewing gum, food and drinks, with the exception of water, are not permitted during class (inside or outside), in the gym or locker rooms.



STUDENT EXPECTATIONS

- All students should be respectful.
- All students are expected to make a reasonable effort.
- All students should respect school facilities and equipment, including the gym, locker rooms, and PE equipment.

PE Class Pledge

We have the right to **LEARN**.

We have the right to be **RESPECTED**.

We have the right to be **SAFE**.

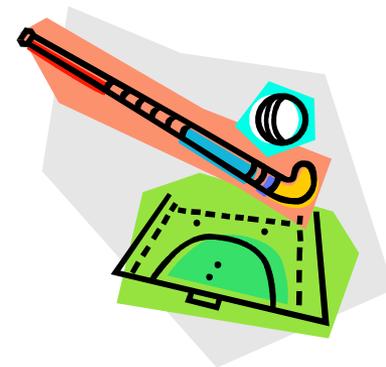
We have the right to be **ACCEPTED**.

We will treat others the way that we want to be treated!



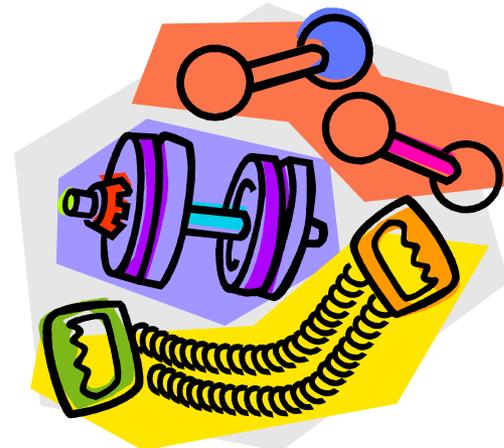
STUDENT BEHAVIOR PLAN

- When minor behavior problems occur, a conference with the student is usually and/ or minor consequences are done first.
- If problems continue, parent notification will occur.
- If the problems continue, or if a major violation occurs, school administration will become involved in the process.



GRADING

- Points are earned each day and final grades are based on:
 - **DAILY ACTIVITY GRADE: 95% of grade.**
 - Includes: preparation; activity level in war/m-ups, activity and cool-down; effort; cooperation; care of equipment and sportsmanship. The **daily grade is 5 points per day.**
 - **TESTS AND PROJECTS. 5% of grade.**



GRADING RUBRIC

0	<ul style="list-style-type: none"> ● Absent, unprepared, not dressed out, not participating in activities,
1	<ul style="list-style-type: none"> ● Dressed out, but not appropriately and participates at minimum level for warm-up, activity, or cool-down ● Exerts no effort/excessive socializing/fooling around ● Often interferes with others ● Off task ● Disrespectful/insubordinate
2	<ul style="list-style-type: none"> ● Dressed out and participates at minimum level for warm-up, activity, or cool-down ● Exerts effort only if Teacher is watching/socializing/fooling around ● Interferes with others ● Off task
3	<ul style="list-style-type: none"> ● Dressed out appropriately and participates during for warm-up, activity, or cool-down ● Exerts minimum effort only if Teacher is watching or if it is an activity they like ● Minimum socializing and interfering with others
4	<ul style="list-style-type: none"> ● Dressed out appropriately and participates in warm-up, activity, or cool-down ● Works/plays 80% of the time ● Shows good sportsmanship ● Is willing to help out teacher and other students
5	<p>Dressed out appropriately and participates with a positive attitude and respect, along with the following standards:</p> <ul style="list-style-type: none"> ● PELPESK1: Participate fully and communicate cooperatively with others ● PELPESK2: Perform activities safely and follow rules of etiquette and ethical behavior ● PELPESK3: Display age appropriate self-control and discipline ● PELPESK4: Display a willingness to receive and use feedback to improve performance ● PELPESK5: Accept the decisions of and respond positively to teachers/officials in charge of games/activities ● PELPESK7: Display an interest in and assist and encourage others' efforts ● PELPESK8: Display behaviors that are supportive and inclusive ● PELPESK9: Self-initiate behaviors that contribute to personal and partner/group effort ● PELPESK10: Adjust behavior to prevent/reconcile conflicts



MAKE UP WORK



- Required for **excused absences**.
- You may choose one of the following for your make up work for each class missed:
 - Change to PE clothes, warm up and stretch to begin, then maintain your heart rate in your target heart rate zone (60%-90% of MHR) for 30 minutes, cool-down and stretch afterward. You will carry a heart rate monitor for the run/walk.
 - After changing clothes, warming up and stretching, jog 48 laps around the gym (2 miles), then cool-down and stretch.
 - Written assignments are only considered if a student is too injured or ill to participate:
 - Read one chapter in the "Personal Fitness" book, complete all questions, to include vocabulary, being sure to answer eighty percent of the questions correctly to receive credit.
 - Write a five paragraph essay of your choice and discussed with the instructor .



EXTRA CREDIT

- Because this is an activity class, your physical activity is a priority. We encourage you to be in every class, and to be active outside of class.
- You may pick up a 'WEEKLY FITNESS Journal' from your teacher to record you workouts, and earn **one point per day with a minimum of 60 minutes** of appropriate physical activity.
- The Fitness Journal must be turned in at the end of the week the activity is performed for credit to be awarded.
- **LIMIT 15 points of extra credit PER QUARTER**

