

PAN involves

Alternative Physical
Activity

and

Nutrition



PAN

- This one semester physical activity and nutrition course (PAN) is required for graduation.
- Class will be held in the hs gym, upper floor of old Chapel building, room P327 or better known as the BLUE ROOM.
- When at the hs gym we are sharing the gym with another p.e class!
- At times we will be outside or even at the post gym. Check the signs on the middle gym door and outside Room 327. Be prepared with clothes regardless.

P. E. Activity Attire

- **Gym shoes or tennis shoes should have non-marking soles and used only for p.e. class. A second pair of outdoor shoes is strongly recommended.**
- **Athletic shorts or sweats and a tee shirt are required for class. A sweatshirt is recommended for outdoor activities. No tank tops.**
- **P.E. activity attire is a different set of clothes and should not be worn outside the gym class and vice-versa. Street clothes should not be part of your p.e. clothes either.**
- **All school rules applying to the length of the shorts, covering of undergarments and the wearing of hats or head coverings will strictly be enforced.**

Grading for PAN is based on the total amount of points accumulated during the grading period.

Possible assignments in PAN

Daily Participation	10 pts.
Written Tests	50-100 pts.
Workout Log	25-50 pts.
Fitness-gram Participation.....	25 pts.
Polar Watches, Tri-fit, Pedometers.....	50 pts.
Written Mid-semester test	100 pts
Teach a Dance	40 pts.
Seven Day Food Diary.....	70 pts
PAN Family Meal Planning & Cooking.....	150 pts.
Fitness Video Work-out or Podcast.....	60 pts.
Semester Final Exam.....	10-15% of total grade

The daily participation grade for p.e. is ten points. This includes completing daily activity and proper gym attire.

Missing Activity time? What happens? Earning points back?

Any no dress will mean a lost of some daily points. The daily participation grade for P.E. is ten points. (This includes completing the assigned physical activity and proper gym attire). If you are absent—excused or unexcused—you will have to make up an activity dress out day with a home fitness calendar or cooking calendar otherwise you will receive zero points for the missed day until it is made up. Fitness/Cooking Calendar points will go into the “bonus point” category on Gradespeed.

Any consecutive no dresses (two in a row) will be a lost of points and a detention for being unprepared for class.

If you aren't in class you can't get the daily points. This is excused or unexcused absences!!

A fitness calendar is given for make-up/extra credit for any missed days in p.e. The fitness calendar is used for activities that the student participates in outside of the regular classroom day. Cooper's 12 minute fitness run will be performed once every three weeks.

Grading Policy DoDEA Grading Scale:

90 – 100 = A

80 – 89 = B

70 – 79 = C

60 – 69 = D

59 or below = F

Physical Education and Nutrition

Family Meal Planning

Directions: Each student will *plan and cook one meal*--- Choice of a breakfast, lunch or dinner for their family. The meal will follow the new **"ChooseMyPlate.gov"** plan. It should be a healthy and nutritious meal.

Create your own food menu for your meal. It should be like a menu you would have at a restaurant, be creative. Meals should use all of the groups.

Prep Time: _____ Cook Time: _____ Yield servings _____

Approx. Calories for the entire meal _____ Calories Per Serving _____

Grains Vegetables Fruit Dairy Protein

Attached is the **"ChooseMyPlate.gov"** Put your entire meal into the different categories of the **"MyPlate"**. See above for the different categories.

Design Your Menu and attach it with this planning sheet.

Four Part Check-list

_____ Meal Planning with **"ChooseMyPlate.gov"** —put meal in correct food categories.

_____ Estimate or give actual Prep Time, cook time, calories etc. (see above)

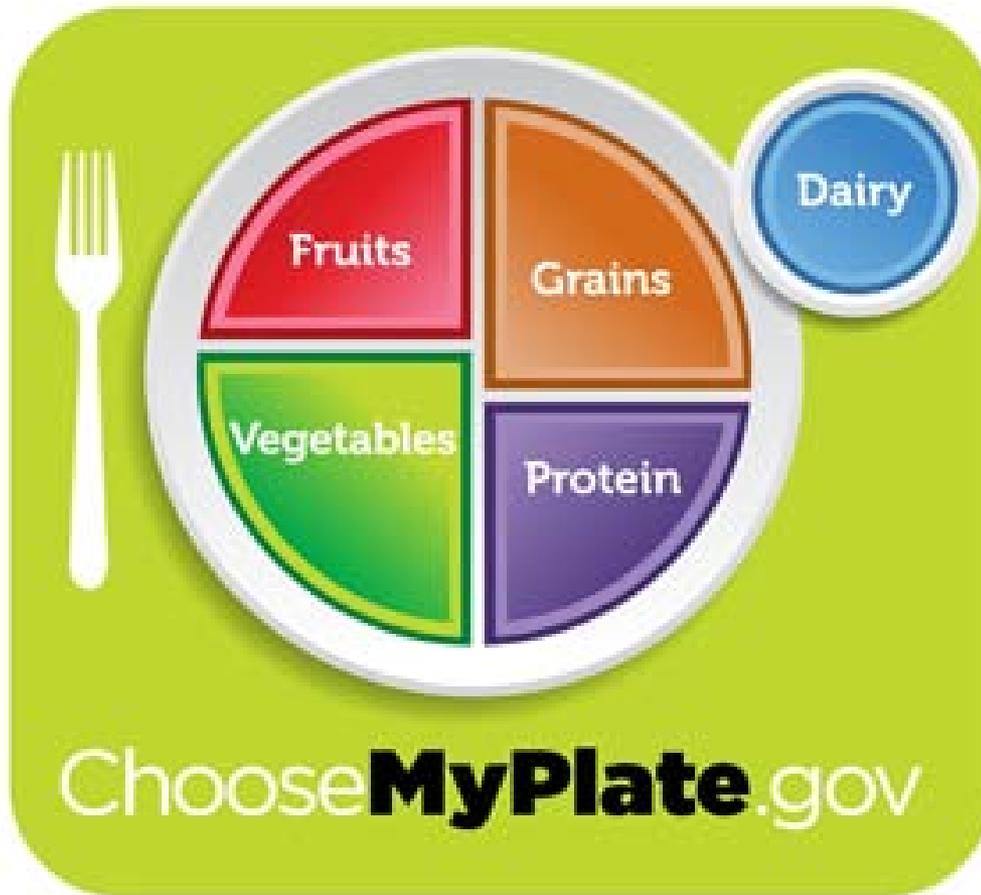
_____ Menu Design—be creative. You are the chef and this is your restaurant.

AFTER YOU COOK THE MEAL-----get the signatures!!!

_____ Parent or family signatures —on this sheet or the menu.

Seven-day Food Diary

ChooseMyPlate.gov



Guest Speakers



Outdoor Recreation



AWC

ARMY Wellness Center

Stuttgart

- " Finding Fats in Food - discusses the kinds of fat, the pros and cons of each, and how to find out if you are eating too much of the wrong kind and not enough of the right kind.
- " Fast Food Facts - discusses ways to eat healthfully in the mine field known as the fast food industry using internet information provided by reputable web sites or the fast food chain itself.

Patch Barracks, Bldg 2337 (next to the Patch Fitness Center

Wellness Center



Spinning



PAN Activities throughout the Semester

- Introduction to PAN course— review procedures and grading, fitness logs and nutrition diary. Home Fitness Calendar and Cooking Calendar! Start Fitness Testing!!!**
- Finish Any Fitness Testing!!! Need your notebook! For the fitness log and nutrition diary—**
- Introduction/review to Polar watches, Tri-fit computer and pedometers. Inside activities—**
- Speedminton**
- Fitness Video Evaluations—Yoga, Weight Training, Biggest Loser Walking video. Assessments for Skill-Related Fitness**
- Plan for Your Own Fitness Video—Nutrition Current Events and information. Introduction to Tai Chi and view different types of martial arts. Spinning. Wellness Center Speaker**
- Line Dances, folk dances and 5-6-7-8—“Teach a Dance” to the class. Family Menu Planning (75 points)**
- Mid-term PAN Test— www.choosemyplate.gov-one week nutrition evaluation. Basic Conditioning methods—progression, overload and specificity!**
- ****Cook your Meal over Spring Break---2nd part is worth 75 points, it should be completed during Spring break. *******
- *New Nine Weeks—Fitness Mile/Pacer!!* Fitness/Cooking/Podcast Project for end of semester**
- Hiking/Walking/Amazing Race—Compasses—pedometers—Guest speakers—outdoor rec. guys are in. Orienteering and Maps. Speakers from Outdoor Recreation at Panzer. Commissary Field Trip**
- Archery—safety—targets (weather permitting) Tennis, Frisbee Golf, New Games and Field games.**
- Body measurements –fitness assessment. Nutrition Research—Conditioning and Training programs for a lifetime—sport specific or activity advancement from earlier introduction.**
- Complete student made fitness videos and outdoor activities. Inside activities—Curling/Speedminton**
- Outside/Frisbee Golf**
- Semester Final -- Review for Semester Final and student-made fitness videos.**

PAN

Perfect Recipe for Fun

Prepare for some type of activity

Ingredients-tennis shoes, tee shirt, shorts or sweats.

Turn on the Heat

Get some Happy Feet! Turn up the Heat!

Stir briskly

A willingness to try new things and have some fun.

Mix well with others

Bring teamwork and enthusiasm.

**Serve up PAN with a SMILE—
no whining allowed in class**

