

School: _Crook County High School

Course Title: Personal Fitness

Instructor's Name: Rosie Honl

Contact Phone 541-416-6900 Ext 3134

Contact times: Lunch 11:44-12:19

Prep 12:29-1:21

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Course Description:

* To provide regular opportunity for improvement of personal fitness levels in the area of cardiovascular endurance, muscular strength and endurance, flexibility as well as increased skill related components such as agility, coordination, speed and balance.

*To introduce a variety of activities that enhances fundamentals of specialized athletic skills.

*To encourage the inclusion of regular physical activities as a lifestyle choice by developing positive attitudes towards fitness and recreation activities as a lifelong goal.

Learning Standards (Critical Content Power Standards)

At the end of the course, the student will be able to understand and demonstrate

- Parts and steps of a workout front start to finish
- Cardiovascular Endurance
- Muscular strength
- Flexibility fitness
- Muscular endurance
- Various skills in sports
- Aerobic target area

Materials: Tennis Shoes, shorts/sweats; t shirt/sweatshirt

- Loaner uniforms and shoes will be provided in the event of an emergency but we expect your student to be responsible for getting their PE clothes/shoes to school, as these are the necessary materials for class. When this aspect of student responsibility is neglected, students can take advantage of the loaner system. The systems consist of borrowing a PE uniform from the CCHS PE department and returning it immediately at the conclusion of their PE class. **ALL LOANER UNIFORMS AND SHOES ARE WASHED ON A DAILY BASIS. If loaners are needed the student must ask for clothes before the bell rings.**

Notification of the Right to Object to the Use of Materials

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection is consultation with the classroom teacher or library staff and providing a brief written complaint. The staff member receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

If not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who, if unable to resolve the complaint, will provide a Request for Reconsideration form which will be given to the superintendent for action.

Goals (SMART-specific, measurable, achievable, relevant, timeline-a reflection of specific critical content mastery): By the end of the semester 100% of students will meet or exceed subject level learning standards in fitness standards (content area) as measured by a score of 80% or better on Fitness scores consist of the mile run; pushup; sit-ups, beep run test will be entered at the semester beginning, midterm, final.

Citizenship (Behavior Expectations)

Rules and Expectations

Students are expected to observe all CCHS rules, follow all instructions from the staff, and avoid any form of unsafe behavior.

Students are expected to dress down and actively participate every day of their scheduled class. Even with limited participation, students are still required to dress down. It is our goal to have everyone participate, the following are the three levels of participation:

1. Non Participation-Excused (student will go to the ISS room): PE Makeup's required-Written note from parent or physician. (Maximum two days per semester)
2. Limited Participation: No PE makeup required
3. Full Participation: Dress down and participate
4. Excused Absence: PE Makeup required
5. Unexcused absences or non participations may not be made up.
6. Students/parents must contact the teacher within three days of an injury to discuss makeup policy.

Attendance-Attendance is necessary to be successful.

Participation---Take part in classroom warm-ups, stretching, muscular strength and speed and agility activities---Take part in all skill related activities and games

Behavior-Follow all rules and procedures

Evaluation (grading)

Grades will be comprised from scores of the following:

Participation in warm-ups, Daily fitness activities, Daily skill and game activities,

Dressing Down in proper attire, Fitness tests scores

Grading Scale The students in our classes will be evaluated daily by the following:

1. **Attendance (60 %):** success in PE depends on regular attendance, dressing down and full participation.
2. **PE Violations (-2 points):** Examples such as tardy to class or bringing gum, candy, cell phones, hats or food in the gym.
3. **Behavior Problems (-2 points):** Poor behavior choices will affect daily grade
4. **Cooperation Problem (-5 points):** good sportsmanship is expected at all times.
5. **Lack of Effort (-2 points):** everyone is expected to try all activities.
6. **Refusal to Participate (-10 points):** to be successful, everyone needs to participate.
7. **Fitness Testing-(40%)** Students will testing and graded on improvement in cardiovascular endurance , muscular strength and muscular endurance.

All points will be given to those students who participate to the best of their ability. Other wise points will be deducted as listed above.

A- 90-100%

B- 80-89

C- 70-79

D- 60-69

F- 0-59

Makeup Policy Lost points for an excused absence may be made up. A PE makeup form, with a list of appropriate activities and time requirements, is available in the PE offices. (Boys and Girls Locker rooms)

1. **The student must make up the missed class within 2 weeks of the absence.**
2. **One form is required for each absence.**
3. **5 makeups will be allowed per semester.** Parents: The concept of regular physical activity is essential for a healthy lifestyle. Please help your students value this by using the makeup form in the appropriate way.
4. **After 5 makeups a student may come makeup missed days in the morning before school.**

I have received, read and understand the general information and policies for 2016-17 Crook County HS PE Classes. Please sign and return to your teacher. Thank you.

Student Name _____ Parent Name _____

Please Print Student Name _____ Date _____