

## HOPE/Physical Education/Weight Training/Lifestyle Fitness Design 2019-2020

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The Physical Education Staff of The Villages High School would like to welcome all students to our school and to our physical education program. Physical Education is the science and study of the human body and its movement. This course will provide the student with a survey of weight training, agility and endurance running. Our philosophy in physical education is to provide a variety of conditioning formats and the tools necessary for maintaining lifetime fitness.

**COURSE DESCRIPTION:** We are going to have great semester learning about the significance of fitness to our health. Each student will not only have the opportunity to set individual fitness goals, they will also have the opportunity to try to achieve these goals.

### **GRADING:**

<b>HOPE- PE 50%</b>	
<b>PE Bellringer &amp; Dress: 10 pts</b>  <b>Participation: 10 pts</b>	Bellringers/Dress/Participation Points will consist of being to class on time with proper uniform.
<b>Test: 100 pts.</b>	<b>Test:</b> Will consist of midterm exam and final exam.
<b>PE Practical: 100 pts (At least 1 per week)</b>	<b>Practical</b> assignments are evaluated on a day to day basis and will include running and weightlifting activities. Students will be assessed based on effort and improvement.

<b>HOPE-Health 50%</b>	
<b>Health Bellringer: 10 pts (everyday)</b>  <b>Participation:</b>	Bellringer & Participation: Arriving to class on time and prepared with writing utensil and notebook/Chromebook. Bellringer will change from day to day.
<b>Classwork: 25-50 pts</b>  <b>Quizzes: 50 pts</b>  <b>Test: 100 pts</b>	<b>Homework:</b> will typically consist of Lesson/Chapter work which most students can finish in class. <b>Test / Quizzes:</b> Can consist of chapter test and quizzes on each section of the chapter.
<b>Literacy:</b>	Literacy assignments will be assigned and graded using the FCAT rubric 3xs a quarter.
<b>Projects/Practical: 50- 100 pts</b>	<b>Projects:</b> Will change based on topic. Ex: Drug project, Dietary self-analysis, and Body systems. <b>Practical</b> assignments are evaluated by how well you complete the tasks and meet the requirements of the rubric.

## GRADING: Weight Training/Lifestyle Fitness Design

Beginning, Intermediate and Comprehensive, Life Fitness Weight Training	
Dress: 10 pts (Every day) <b>mastery</b>	proper shoes shirt and shorts==compliance
Participation: 10 pts (Every day) <b>mastery</b>	proper participation= compliance
Bell ringer: 10 pts (Every day) <b>compliance</b>	Being on time dressed and stretch/warm up
<b>Total: 20 points (Every day –mastery)</b>	

Practical: 100pts	Weight lifting Max/ Running
Test: 100pts	

**DRESSING OUT AND PARTICIPATION:** All students are required to dress out and participate each day to receive credit. Students are to wear athletic (tennis) shoes, Shoes that will NOT be permitted are: Boat Shoes, Crocs, Sandals, Flip Flops, Slides, Boots, etc. Students must wear proper athletic shoes or dressing out will not be permitted and a ZERO (0) will be given for participation and dress. P.E. uniform shorts and a P.E. uniform shirt must be purchased from the school bookstore, NO EXCEPTIONS. In any PE class (weight training, etc.) SPIRIT PACKS MAY BE WORN. **YOGA PANTS MAY BE WORN, BUT MUST BE WITH PE UNIFORM.** Warm ups or sweat suits are acceptable and encouraged during cooler months; however the P.E. uniform must be underneath. EACH STUDENT MUST CHANGE CLOTHES AND PARTICIPATE FULLY TO RECEIVE FULL CREDIT.

**ILLNESS:** If, for some reason, a student is unable to participate fully for class, he/she is still required to dress out for class. Any illness from a DOCTORS' NOTE, should state the ailment and how long the student should be held from physical activity. Students may be asked to help with class activities or may be given written work in order to receive participation points. ONLY 2 NOTES FROM PARENTS ARE ACCEPTED AS EXCUSES FOR NOT DRESSING OUT OR PARTICIPATING per grading period. **INJURY:** Students are asked to report any accident immediately to the instructor. Basic first aid will be applied, or the student may be sent to the nurse's office.

**LOCKERS & LOCKS:** THERE IS TO BE ZERO (0) FOOD OR DRINK ALLOWED IN THE LOCKER ROOM OR THE GYMNASIUM. IF A STUDENT IS CAUGHT WITH FOOD OR DRINK IN EITHER, THE ITEM WILL BE THROWN AWAY AND DISCIPLINARY ACTION CAN OCCUR. Lockers and locks are provided for each student while they are participating in Physical Education Class. All clothing and valuables should be LOCKED in the assigned locker during class time. Students are encouraged to take their P.E. clothes home at the end of every week. PE staff is not responsible for lost or stolen items. **There will be a \$5 FEE for any lock not returned or damaged during the course of the year.**

**CLASS PROCEDURE:** Each student must be in the locker room before the tardy bell rings. Attendance will begin in the gym within 5 minutes of the tardy bell. Students will be given 5 – 10 minutes at the end of class to dress. Once students are done dressing, they must report to the gymnasium until dismissed. Any student who does not follow this procedure will receive a warning the first and disciplinary action will result in any other violation.

**LITERACY:** Students will always need to have Chromebook, a writing utensil, and paper in order for assignments. This means for literacy or any other assignment given.

**PHYSICAL EDUCATION DISCIPLINARY PLAN:** Students are to follow ALL rules when in the weight room. Students are to be respectful to each other as well as the instructor and guests. Any student who is not following the procedure or being disrespectful towards anyone or anything will first be given a warning for the first offense. 2<sup>nd</sup> offenses will result in disciplinary action- detention, referral, call home, etc.

I look forward to working with our students this year. Please do not hesitate to contact me should you have any questions or concerns!

Please sign and return the bottom portion of this syllabus

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Student name: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Contract Information:

Cell Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_