



Dallas High School Home of the Dragons



Fitness for Life

2013 - 2014

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Office Hours: Monday-Friday: 3:00 to 3:30 and additional times by arrangement.

Prerequisite: None

Course Description: This is a semester long course that focuses on fitness. Students will participate in fitness activities, games, and will be in the classroom learning about fitness related concepts.

Course Outline

	Unit Topic	Summative Assessment Students are assessed on standards 1-3 on a daily basis
Unit 1:	<u>Heart Rate</u>	Heart Rate Activity
Unit 2:	<u>Components of Fitness</u>	Fitness Testing- Fitness activities they participate in on a daily basis
Unit 3:	<u>Principles of Fitness</u>	Active Participation on a daily basis
Unit 4:	<u>Phases of Workout</u>	Daily Warm Up, Activity and Cool Down
Unit 5:	<u>Sports Related Injuries</u>	Lecture/Teacher observation (exit slips)...hands on experience throughout the semester
Final Test	<u>Review over all of the above information</u>	

Standards to Be Assessed:

Upon successful completion of the course, students should be able to:

1. Standard 1: Identify the importance and benefits of physical activity
2. Standard 2: Learn how to monitor appropriate physical activity for their level of fitness
3. Standard 3: Understand the rules associated with fitness game activities

Career Related Learning Standards: Career-related learning standards (CRLS) are fundamental skills essential for success in employment, college, family, and community life. We have integrated the Personal Management standard from the CRLS into all courses at DHS. **This standard will be assessed and communicated independent of the academic grade.** It is included below and mainly includes behaviors that will be assessed in this course.

- **Personal Management Standard:** Exhibit appropriate work ethic and behaviors in school, community and workplace.
 - Students will identify tasks that need to be done and initiate action to complete the tasks.
 - Students will plan, organize and complete projects and assigned tasks on time, meeting agreed upon standards of quality.
 - Students will take responsibility for decisions and actions and anticipate consequences of decisions and actions.
 - Students will maintain regular attendance and be on time daily.
 - Students will maintain appropriate interactions with colleagues.

Grading and Assessment:

Student's final grade for each course will be broken down into two categories:

- 1) **Academic:** based on assessments, tests, projects and performances that measure learning.
- 2) **Personal Management:** based on homework completion and other behaviors measuring the CRLS personal management standard.

The Final grade is calculated as follows: 75% of the course grade will be based on the **Academic** grade and 25% on the **Personal Management** grade.

- Any items included in the Academic grade (PA) may be retaken and the higher grade recorded. Teachers may extend the retake time period, but as a rule all retakes need to be done within **2 weeks** of the initial assessment.
- Students will complete extra preparation before retaking an assessment.
- Personal management work turned in late may be reduced by up to 50% credit.

Points will be deducted from the **Academic Grade** for the following:

1. Unexcused non-performance or unexcused absences (10 points per day)
2. Excused non- performance or excused absences (10 points per day)
Points may be made up.
3. Lack of cooperation, poor effort, poor attitude, or poor sportsmanship (0-10 points)
4. Performance on the Final Test

Points will be deducted from the **Personal Management Grade** for the following:

1. Absences
2. Tardy
3. Failure to dress down in PE attire
4. Missing or incomplete written assignments

Absences and Tardies:

Students will be marked tardy if not in the locker room before the tardy bell rings. Students then have three minutes to be on their assigned roll call number in the gym or they will be marked tardy. **STUDENTS WILL BE CONSIDERED TARDY IF THEY ARE NOT DRESSED DOWN ON THEIR NUMBER WHEN THE TEACHER TAKES ROLL**

Unexcused Non Performance:

Students are expected to dress down and perform every day. Students will receive two free unexcused non-performance days throughout the semester. On the third unexcused non-performance and subsequent non-performances will result in the student being assigned a tardy and sent to ISS for the period. Contact via email or by phone will be attempted before a student is assigned to ISS. A loss of "Pride Time" will occur on the

third unexcused non-performance and subsequent non-performances. When a student reaches five unexcused non-performance they will be referred to the Assistant Principal.

Locks and Lockers:

Students will be issued a lock and locker for P.E. use only. You are required to use the assigned lock and locker during class time. Students involved in athletics must use their PE lock and locker. Do not bring items to class if you cannot lock them up. Lost locks must be reported and will be replaced with a \$5.00 fine.

Make Up Work: All assessments must be made up within two weeks of a missed class session

Points may be made up in the following instances only:

1. Excused non-performance - A note from your parent or doctor must be presented *on the days* you are unable to perform. (A doctor's note is required after three consecutive days in which you are unable to perform due to illness or injury).
2. Excused absences - Students will be allowed to make up missed class time.
3. Pre-arranged school athletic events - Students missing class and performing in a school related athletic event are excused if prearranged. (No make up is required)

Students have three options to make up excused non-performance - or excused absences. Make up forms may be picked up from your instructor.

OPTION 1: Students can perform make up work 3:00-3:30pm Tuesday through Friday. Two make up sessions will equal one missed class period. A blue form must be filled out and returned to your instructor to verify the made up session(s).

OPTION 2: Students with an open period may prearrange attendance in another P.E. class (instructors approval required in advance).

OPTION 3: Special circumstances may require an alternative plan to be arranged in advance with your instructor.

PE Course Requirements

A. Minimum Performance Requirements-60%

As a P.E. student, you must dress and perform at least 60% of the total days. Failure to do so will result in an "F". If a student was unable to perform for an extended period of time because of a doctor's excused injury or illness, other arrangements could also be made with the instructor.

60% EXAMPLE....Semester grading period equal to approximately 50 class days.

- a. 60% of 50 participation days= 30 days.
- b. Result – 29 or more non participation days = F

B. Proper dress for PE

Students are required to follow the DHS dress code. Each student is expected to dress in P.E. shorts or sweat pants, tee shirt, socks and P.E. type athletic shoes. Shoes must be tied securely enough so they will not come off during an activity. UNDER NO CIRCUMSTANCES ARE STUDENTS TO WEAR SHOES THAT HAVE HARD SOLES, SOFT BLACK SOLES, OR THAT MAY HAVE DIRT OR ROCKS IN THE SOLES ON THE GYM FLOOR! (BOOTS, SANDALS, AND SLIPPERS ARE UNACCEPTABLE FOR P.E. USE). Obscene gestures or improper "sayings", emblems, etc. are unacceptable. No rips or holes in clothes. Take your clothes home to be washed at least once a week.

C. Attitude and Effort

Good conduct and the following of all class rules are expected. Doing your best (making a good effort) says a lot about you as a person and certainly will make a difference in your grade. Always “try to do your best”. Never quit or just go through the motions.