



Lifetime Sports Syllabus

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Course Objective:

This course is based on the premise that physical activity and participation are important for all students, regardless of their level of athletic skill or ability. We will also provide instruction and experiences in a variety of lifetime activities that promote physical, social, and emotional well-being. Throughout various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness. This course may require students to participate in off-campus activities.

Expectations:

- Students are **expected to dress down every day**. Failure to do so will result in lost points.
 - Proper clothes include athletic shoes (no open toes, or muddy/dirty shoes) and comfortable clothes (shorts/sweats, and a T-shirt). Socks are required. You must always wear your shirt.
- Students are **expected to exercise every day** and for the entire class period, every day and have a good attitude. Exceptions can be made for specific circumstances.
 - **Only a doctor's note** will completely excuse a student from exercising.
- There will be **absolutely no cell phone use** in the gym for any reason. If a cell phone is used it will result in a complete loss of points for the day.
- Students are expected to help keep the gym clean and organized. They must put back whatever they use **every time** and help clean at the end of class.
- Students are to always follow safety expectations. If you do not follow any of these expectations (through horseplay, misuse of equipment, etc.) it will result in a decrease in your grade and possibly a removal from the class.
- Students will stay in the gym until the bell rings
- The student is to respect other students as well as the teacher.
- Foul language will not be tolerated to any extent.
- The student is to use safety precautions at all times.
- Failure to meet these expectations could result in the removal of the student from this class or a failing grade.

Doctors Note: Only a note from a doctor can fully excuse a student from participating in the class. Exercises can be adapted to accommodate injuries.

Cell phones are not allowed. I see it you will lose all of your points for the day and take a zero. They need to be kept in the lockers, backpacks, or locked box provided by the teacher. Also, air pods are not allowed and will be considered like a cell phone. If I see you with your phone, there will be consequences. See handbook for policy.

Standards:

Standard 1: (Skilled Movement) Students understand and demonstrate competency in motor skills and movement patterns needed in a variety of physical activities such as dance, aerobics, aquatics, gymnastics, and weight training.

Standard 2: (Movement Knowledge) Students demonstrate an understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of dance, aerobics, aquatics, gymnastics, and weight training.

Standard 3: (Physically Active Lifestyle) Students participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Standard 4: (Personal Fitness) Students achieve and maintain a health enhancing level of fitness.

Standard 5: (Personal and Social Responsibility) Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Grading: Students have 5 points a day for participation grade. A student will lose a point if they do not dress down for class or if they do not exercise in class. A student will lose all remaining points if they use their cell phone in class. Additional assignments may be added to the course grade book for the semester. Fitnessgram will also be used for assessments.

5 Points per day

2 points for dressing down

3 points for participation

Make-up Policy: There are make up assignments on Canvas. Fridays can also be a way to come in and make up participation points. If you miss school for an excused athletic event, funeral, or medical you will receive points when makeup is completed. See district policy for timeline.

CHAT GPT-See the handbook policy and work submitted using it will be considered plagiarized and a zero will be given.

90% to 100% A

80% to 89% B

70% to 79% C

60% to 69% D

0% to 50% F