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**Personal Fitness Syllabus**

**Course Description & Syllabus**

**Personal Fitness provides instruction on methods to attain a healthy level of physical fitness. The course covers how to develop a lifetime fitness program based on personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. It includes consumer information, promotes self-awareness and responsibility for fitness.**

**REMIND CODE: @coachmayop**

**Personal Fitness Syllabus**

**Instructor:** Coach Mayo

**Email:** mayoni@boe.richmond.k12.ga.us

**Location:** Old Gym

**THIS CLASS IS A GRADUATION REQUIREMENT AT HIGH SCHOOL LEVEL**

**Course Description:**

Foundations of Personal Fitness represent a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for a lifetime of personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.

**Make-Up Work (Grading Policy)**

Students are expected to make-up assignments and assessments that were missed due to absence from

school within 5 school days of their return. Students are expected to check the WAG from the school website to see what was missed and are responsible for asking teachers for the make-up work upon returning to class (after class). When the announcement is made on designated makeup days, students are expected to report. Students will be allowed to make-up assignments on designated make-up days.

**Grade Recovery**

 Students will have **a minimum of two opportunities for grade recovery** during the semester. These sessions will allow you to make up missed assignments or improve low grades. Specific **dates and instructions will be announced later in the semester**, and you are encouraged to take advantage of these opportunities to stay on track and succeed in class.

**Evaluation (Grading Policy)**

* **Daily Warm-Ups/Cool-Downs (Minor – 60%)**
* **Participation (Minor – 60%)**
* **Assessments/Presentations (Major – 40%)**

**Late Work (Grading Policy- See RCBOE IHA-R Grading Practices)**

Students may have their scores reduced by 5% per school day for a 25% maximum reduction (five school days). ***Late work submitted after the fifth school day will only be accepted at the teacher’s discretion.***

**Relearn and Reassess Plan**

For any major assessments, students will have the opportunity to submit a relearning plan for parent and teacher approval. Upon satisfactory completion of the plan, as determined by the teacher, students will be given a minimum of **ONE** opportunity to be reassessed. Only students scoring below 70 on a major assessment can complete a relearning plan unless exempted with parent approval.

* Reassessments may be different from the original.
* The reassessment score will replace the original score (the scores will not be averaged).
* Reassessments should be completed **within 7 school days** of receiving the original grade. Teachers should have discretion to extend the timeline to address extenuating circumstances.

*See teacher class page for Relearn/Reassess Contract*

**Classroom Procedures & Expectations**

## **PRIDE: Classroom Procedures & Expectations for Physical Education**

### **P – Principled**

* **Respect people, property, and the learning environment** – treat classmates, teachers, and equipment responsibly.
* **Follow all safety rules and instructions** the first time they’re given.
* **Be honest and fair** in competition and interactions.

### **R – Reflective**

* **Think about your effort and behavior** during class—ask, “How can I improve?”
* **Own your actions**—positive or negative—and learn from mistakes.
* **Give and receive feedback respectfully** to help yourself and others grow.

### **I – Innovative**

* **Be willing to try new skills, sports, and activities** even if they’re unfamiliar.
* **Find creative solutions** when faced with challenges in class activities.
* **Contribute ideas** to improve class routines, games, and teamwork.

### **D – Disciplined**

* **Arrive on time** dressed for PE (proper shoes and attire).
* **Follow procedures for entering and exiting the gym/field** calmly and orderly.
* **Stay on task** during activities—no sitting out unless excused.
* **NO CELL PHONE POLICY:** Phones must stay in lockers, bags, or designated storage during class. Using a phone without permission results in confiscation and parent contact.

### **E – Excellence**

* **Always give your best effort**—participation matters more than perfection.
* **Encourage and uplift your classmates**; everyone is working toward improvement.
* **Represent your school well** by showing sportsmanship, responsibility, and pride in your actions.

**Acknowledgement of Changes**

Please be aware that the syllabus is subject to change throughout the course. Any changes to the syllabus will be communicated promptly via Email or Remind, and it is the responsibility of students and parents/guardians to stay informed of any updates.

[**Fit Georgia Information**](https://www.rcboe.org/../site/handlers/filedownload.ashx?moduleinstanceid=42018&dataid=34319&FileName=Parental%20Overview%20of%20FG%20in%20Georgia-%20FINAL.doc)

*The Fit Georgia assessment does not compare your child to anyone else, nor does it measure skill or athletic performance.*

*Rather, it compares your child to health standards that have been established by researchers as the level of fitness all students should reach to attain health benefits.*