Cross Creek High School

**Personal Fitness**

**2016-2017**

**Course Description:** Personal Fitness is a semester gym class that requires dressing out and participation. This class will teach students to understand the importance of exercising and maintaining a healthy diet.

**Instructional Philosophy:** At Cross Creek High School, we strive to provide a positive, challenging, safe environment that promotes the development of motivated, respectful, life-long learners who will be well prepared to succeed in a rapidly changing society.

**Major Course Goals:** The major goal of this course is mastery of the GPS standards prescribed by the state for this course which include the following:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

* Students will demonstrate the capability of performing skills during game play.
* Students will perform skills that contribute to health related fitness.
* Students will understand the importance of setting long term and short term goals

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

* Students will demonstrate a combination of strategies, concepts, and skills during sports and activities.

**Standard 3:** Students will participate regularly in physical activity.

* Students will be able to use time management skills to allow opportunities for physical activity during the day.

**Standard 4:** Achieve and maintain a health-enhancing level of physical fitness.

* Students will be able to implement a fitness plan necessary to maintain a healthy level of fitness
* Students will maintain or improve their fitness level by using various tools to guide changes in a personal physical activity.
* Students will develop fitness goals that are gender, age, and skill appropriate.
* Students will identify the relationship of fitness and nutrition.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

* Design rules, procedures, and routines.
* Ability to decipher between ethical and unethical behavior.
* Promotes safe practices in physical education settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

* Explains why participation in activities is enjoyable

**Course Grading Plan:** each student begins each week with a 100 average and is required to dress out and participate daily. Each day a student chooses not to dress out and participate will lose 20 points. Students who do not dress out will have the choice to do a writing assignment to receive partial credit for that day. **Students are also required to participate in state mandated fitness tests called *FITNESSGRAM.* Required tests are: Mile run, Sit-ups, push-ups, sit and reach as well as height and weight.**

**Hands only CPR** has also been added as a requirement for this class.

**Gym Policies:** In addition to following the RCBOE rules and regulations:

* Be to class on time
* Be seated in your assigned spot
* Respect yourself and others
* No horseplay
* No eating, drinking, or chewing gum
* Wear appropriate clothes and shoes

**Disciplinary Procedures:** Any disruptive behavior will result in:

* Verbal warning
* Call parent
* Detention
* Discipline referral

**Student Name (print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Teacher/ Class Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**