

**Fitness for Life**  
**Ms. Fluty**  
[MLFluty@worcesterk12.org](mailto:MLFluty@worcesterk12.org)  
**410-632-2880**

**Content:**

The Fitness for Life class at SDHS provides students with the opportunity to engage in a variety of activities to enhance understanding of fitness related topics. The goal of the course is to help students assume control and responsibility for their lifestyles in order to better ensure that they will have long and healthy lives. Students will be exposed to many different exercise options in the hopes that they will find something they enjoy and can participate in to maintain lifelong fitness.

**Activities:**

Units of instruction may include, but are not limited to:

weight training, flexibility training, team sports, individual sports, yoga, pilates, core strengthening, Zumba, step aerobics, kickboxing, agility training

**\*\*This is a physical education class. Expect to be physically active EVERYDAY!\*\***

**Materials:**

Appropriate PE attire

**Tardiness:**

School policy will be strictly enforced. See student handbook.

**Absences:**

See policy in student handbook.

**Make-Up Work:**

If a student is lawfully absent then he/she will have 5 days to make up the work that was missed. It is a student's responsibility to get the work. In order to earn the daily participation points missed students must participate in at least 20 minutes of activity, that raises the heart rate, for each day missed. Write down what activity was completed, and for how long, and get it signed by a guardian/coach and turn into Ms. Fluty within 5 days of the absence (Extended time will be given for extended illnesses or extenuating circumstances).

**Grading:**

Grades will be based upon a point system. Students will receive points for quizzes and daily participation. Up to 5 points can be earned daily for participation. The daily grade assignment is as follows:

1 pt each:

Warm-up: Warm-up is a very important part of class. Students will warm-up everyday.

Attitude: Student has a positive attitude and exhibits enthusiasm and sportsmanship.

Effort: I expect 100% effort from students everyday. Anything less will result in a lower grade.

Participation: Students are expected to participate in all activities, unless they have an excuse note from a medical doctor.

Performance: Students are following the rules and regulations of the activity. Students are doing the assigned task.

\*\*Students engaged in virtual learning or hybrid students on their virtual weeks will get participation points via a fitness log.

Remember “The Decatur Way...The Way to Grow!”  
PRIDE, ACHIEVEMENT, RESPECT, RESPONSIBILITY