

Personal Fitness
Ms. Fluty
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Content:

The Personal Fitness Course at SDHS provides students with the opportunity to engage in a variety of activities to enhance understanding of fitness related topics. The program incorporates classroom instruction, as well as laboratory activities to reinforce cognitive concepts. 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.

Units of Instructions:

- Physical Fitness
- Components of Fitness
- Guidelines for Exercise
- Principles of Training
- Flexibility
- Cardiovascular Fitness
- Muscular Fitness
- Body Composition and Weight Control
- Evaluation of Activities
- Personal Fitness Program

Materials:

iPad
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, expansion assignments 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: Full effort is expected from students every day. Anything less will result in a lower grade. If there is a discrepancy in effort, students will be assigned a heart rate monitor to track heart rate, and thus physical exertion level, throughout the activity.

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.

**Virtual students, 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