

PERSONAL FITNESS

Mrs. Bunting

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CONTENT: The Personal Fitness course at Stephen Decatur High School 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 insure that they will have long and healthy lives.

UNITS OF INSTRUCTION:

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

MATERIALS NEEDED:

- IPad (charged)
- Appropriate attire for Physical Education

TARDINESS: School policy will be **strictly** enforced. See student handbook.

ABSENCES: This is a participation class and student attendance is **very** important. See policy in student handbook. Virtual/hybrid students are expected to check in every day.

MAKE UP WORK: Work missed due to an UNLAWFUL absence may not be made up for credit (includes daily participation points). Upon return from a LAWFUL absence, students have **5 days to make up work**. It is the **students'** responsibility to obtain/complete ALL work that was missed. In order to earn the daily participation points missed during a LAWFUL absence, students need to complete a minimum of 20 minutes of a CV activity at home, write a description of activity completed, and have parent/guardian sign.

EVALUATION: Grades for the quarter are determined by total points. Students are strongly encouraged to track their grades.

BREAKDOWN OF GRADE:

Weekly Chapter Quizzes

Weekly Expansion Questions

Daily Grade

*up to 5 points can be earned daily for participation—the breakdown is:

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 that will be due at the end of each week. Further instruction will be provided on the log itself, as well as our Schoology page.**

Looking forward to a fun and healthy quarter with you!! 😊

****THE DECATUR WAY- THE WAY TO GROW****

Pride, Achievement, Respect, Responsibility