



## Body Toning - Course Syllabus 2016 - 17



## A Fitness Class



Instructor: **Claire Van der Zwan** Matt Room

E-mail: [claire.vanderzwan@district6.org](mailto:claire.vanderzwan@district6.org)

Phone: 541 494-6250 (CAHPS main phone line)

**Please have acknowledgement form signed returned by  
Monday September 12<sup>th</sup> to receive full credit (20 points).**

**Late signed forms will be half credit.**

### **Course Overview:**

This class will focus on using stretching, free weights, core strengthening, circuit workouts, walking/running, Yoga and Pilates to assist students in finding life long fitness. Students will focus on an individual fitness program and will work at their own pace to increase their physical fitness. Students are expected to participate in running activities. Students will be expected to improve on their fitness by pushing their fitness ability on a daily basis. Fitness tests every few weeks to assess improvement.

### **Physical Education Standards:**

#### **Fitness for Lifetime**

- Demonstrate knowledge of a physically active lifestyle.
- Understand the meaning of physical fitness and how personal fitness can be improved and maintained using a health-related fitness assessment as one tool for measuring.

#### **Self- Management and Social Behavior**

- Understand appropriate and positive behavior management (social skills) and respect for all individual differences, including gender, ethnicity, and physical ability during physical activity.

### **Grading**

*Students must be dressed down to receive participation grade for daily activity*

**75% daily work outs/ daily participation**

**25% Fitness Tests** (*Improvement MUST be evident*)

- Flexibility
- Strength
- Endurance- 1 mile run

### **Regular Workout Schedule:**

**Monday:** Yoga/Pilates

**Tuesday:** Scenic run/walk (Tues. or Thurs. ***not both days*** weather permitting) OR student designed circuit workout

**Wednesday:** Weight Training/Track workout/Yoga

**Thursday:** Scenic run/walk OR student designed circuit workout

**Friday:** Yoga/Pilates

**If the weather is nice the workout schedule may change**

**Dress to go outside EVERYDAY – even on yoga days**

**Always MUST have sneakers**

## STUDENT'S RESPONSIBILITIES



### What to bring to class every day:

- A Positive Attitude (negative attitude and behavior will effect your grade)
- Work out clothes (MUST adhere to dress code)
- Running shoes (yes we will run!)
- Sweat shirt (when needed so you are not cold!)
- Water bottle (so you are not thirsty)
- Plan to be outside any day

### To be successful and earn an A:

- Students will be expected to **dress down every day**  
Loose comfortable & *appropriate* work out clothes  
6 minutes to dress down  
10 minute s to change at the end of class  
Be on time
- **Cell Phones off and out of sight (leave in locker or don't bring it to gym)**
- IPods/music devices can be used when running/walking only  
Please keep them low so you can here me
- Students will need **running shoes every day**
- **Sweat shirt or light** jacket (when needed)
- **Water or Gatorade** type drinks are good to keep hydrated  
No sugar drinks, energy drinks or soda
- Meet in Mat Room for attendance  
**Be ready @ 1: 25 pm and on Wednesdays @ 2:07**
- **Use bathroom before class starts** - avoid repeated bathroom breaks - student are not supposed to be in locker room during class.
- **Students are responsible for making up class when:** not dressed down, not participating in class, absent or injured and can't participate. For a long term injury student and teacher will design an alternate plan.
- **Must** have doctor's note if you are unable to participate in a physical activity and want to make up class.
- **Students may NOT make up class if it is an unexcused absents or unexcused participation for the day.** That means that you can not make up class if you skip, forget your PE clothes or don't feel like working out.
- Class missed for athletics will be **NOT** need to be made up.
- **Make up forms available** (30 minutes of exercise outside of class and NOT a sports practice signed by supervising adult).
- Make sure you wait to be excused by upper gym doors facing the CAHPS office. Leaving early without permission will affect daily participation grade.

*Plan to get fit or fitter!*



**Attendance** (Follow school & District policies):

Attendance and participation are **vital to your success** in class. Without good attendance and active learning, acquiring the fitness and skills for class is difficult.

**PARENTS**

**If you need to contact your student for an emergency** or other reason during the school day, outside of our lunch period, PLEASE call the school phone number (541) 494-5260 and your student will be contacted.

Please do **not** call or text your student's cell number during class because it causes disruption to your and other students learning.

**The simplest way to reach me** is by *e-mail: [claire.vanderzwan@district6.org](mailto:claire.vanderzwan@district6.org)* and I will respond within 24 hours. I am available for student help outside of class; before school and at lunch.

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**You have 6 minutes to change for class**

**Meet @ 1:25**

**Dismiss @ 2:20 (10 minutes to change)**

**Wednesdays:**

**Meet @ 2:07**

**Dismiss @ 2:41(10 minutes to change)**

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**Sample Make Up Form:  
Body Toning Make Up**

Name: \_\_\_\_\_

Date absent: \_\_\_\_\_

30 minutes of exercise: (explain) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Parent/guardian signature: \_\_\_\_\_

*Yes, I have excused my child from the absent dated above.*

## Student Daily Assessment Rubric

<b>Assessment Rubric</b>		
Student Name:		
<b>Oregon Department of Education</b> <b>Physical Education Academic Content Standards Example</b> <b>Scoring Guide</b>		
<b>Active Lifestyle</b>	<b>Score</b>	<b>Teacher's Rating</b>
Documents <b>consistent</b> participation in physical activities <b>and</b> shows an insightful understanding of the personal factors that impact participation. On time to class.	<b>5</b>	
Documents <b>effective</b> participation in physical activities and clearly reflects the personal factors that impact participation.	<b>4</b>	
<b>Documents adequate participation in physical activities and reflects credible personal factors that impact participation. Tardy to class.</b>	<b>3</b>	
Documents <b>some</b> participation in physical activities <b>and</b> reflects some personal factors that impact participation.	<b>2</b>	
Documents <b>little</b> participation in physical activities <b>and</b> reflects few personal factors that impact participation.	<b>1</b>	
Documents <b>no</b> participation in physical activities <b>and no</b> reflection of personal factors that impact participation. Absent OR <b>NOT</b> dressed down and not able to score performance.	<b>0</b>	

**Bring this page ONLY back signed by Monday September 12<sup>th</sup> for FULL CREDIT**  
**BODY TONING SYLLABUS ACKNOWLEDGEMENT FORM**  
CAHPS Body Toning Off Campus Activity

Dear Parent/Guardian,

I would like you to know I plan to take the students off campus when the weather is nice. We will run/walk to Scenic or bike path. Class will stick together.

Please contact me if you have any questions.

Sincerely,

Claire Van der Zwan

claire.vanderzwan@district6.org

CAHPS Art Teacher

Please read this syllabus carefully and sign this attachment, have your parents/guardians read it and sign it, and return this portion by Monday September 12 <sup>th</sup>
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**I have read and understand the course expectations and policies:**

\_\_\_\_\_

\_\_\_\_\_

*Print Student Name*

*Student Signature*

You, your daughter/son, and I are partners in your students' education. You can help him/her succeed by checking with them as often as possible about their progress and looking with them at their assignment completion and/or needs. Contact me any time with questions or concerns.

\_\_\_\_\_

\_\_\_\_\_

*Parent/Guardian Signature*

*Parent/Guardian Email*

Best Phone Number(s) to reach you \_\_\_\_\_

**Please remember:**

*Students will not participate if they are not dressed down in PE clothes and will receive a 0 for the day.*

*Students are expected to work out if they are present unless they have a doctor's note to excuse them.*

*Students can make up class when excused absent.*

*Students will have the opportunity to make up class outside of school activities.*

*Students can only make up excused absent classes.*