



# Core Fitness - Course Syllabus

2017-18

Instructor: **John Beck**

Room GYM

E-mail: John.beck@district6.org

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

**Textbook:** *None*

## **Parent/Student Resources:**

Synergy web address for parents to login

To track grade & attendance

Teacher website: N/A

For assignment list & other helpful resources

Monthly calendar of assignments & due dates

Students should have this in the front of their binder. When students have turned in an assignment. The assignment will have a stamp over it.

## **Course Overview:**

### **Physical Education**

**c230101**

Trimester

Can take more than 1 trimester

The physical education class is divided into in-season and out of season training programs designed for the student who is serious about athletic physical development. Life-Lessons will be taught daily to enhance social skills

## **Content Covered/Course Learning Targets:** (Include content & skills in the form of students will....)

*Students will be able to complete the following:*

1. *Students will demonstrate knowledge of a physical life-style by:*
  - A. *Participating in physical education activities and evaluate factors that impact participation (i.e. – proper attire / proper warm-up activities / core strength exercises / conditioning).*
2. *Students will demonstrate knowledge of a variety of motor skills by showing competency in complex versions of three or more of the following movement forms and more advanced skills in one or more movement forms:*
  - A. *Individual Activities*
  - B. *Dual Activities*
  - C. *Aerobic/cardio-respiratory lifetime skills*
  - D. *Olympic Lifting*
  - E. *Core Strength Exercises*
  - F. *Conditioning Activities*
  - G. *Stretching (Dynamic and Static)*
  - H. *Form Running*
  - I. *Speed and Quickness Development*
  - J. *Athletic Movement*
  - K. *Plyo's*
  - L. *In-Season and Out of Development Programs*
  - M. *Team Sports*

## **Grading**

Activities: 90%

Tests: 10%

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100%

**Learning Behaviors:** In addition to academic grading, our student will be assessed on three behavior categories:

1. Team Work
2. Personal Management
3. Striving for Quality Precision and Accuracy

Students will be assessed on whether they “meet” or “do not meet” these criteria – no letter grade is associated with assessment of the learning behaviors.

## **STUDENT’S RESPONSIBILITIES**

Mastering the learning targets in Physical Education requires students to be able to actively participate and improve in areas of personal management. To be successful, students must:

1. Be **actively involved** in class, **ask questions, contribute to the competitive atmosphere.**
2. **Complete or attempt all assigned warm-ups, core strength and flexibility exercises.**
3. **Ask for help and ask questions** of fellow students (when appropriate) and the teacher (when appropriate) when you are confused or don’t understand.
4. **Dress down daily to be able to maximize your mastery of each skill set.**
5. **Be a leader by demonstrating skills and techniques in each unit.**
6. **Do not distract** self and/or others students from the opportunity to learn.
7. **Follow the guidelines** set by the school and the district student behavior code, a cell phone referral will be issued as per CAHPS discipline policy.
8. Come to class **on time and prepared.**
9. **In group-work - work to your full potential.**
10. Remember that cell phones and other electronic devices should not be in physical education class. **All electronic devices should be locked in student’s PE locker during class time.**
11. Students must ask permission to use rest-room facilities during class time. Students may not leave class without permission.
12. **In Locker Room – use of big long blue lockers for the class period only.**
13. **Non cell phones / No Hats**
14. **Have fun** competing in Physical Education!

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

Attendance and participation are **vital to your success** in PE. We will be doing lots of activities which are hard to make up. Learning activities are most valuable when done in class with the teacher and other students to enhance learning. Without good attendance and active learning, acquiring the knowledge and skills of high school Physical Education is nearly impossible. Studies show that there is a direct correlation between consistent attendance and high achievement as shown through class grades and drop out rates.

**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: John,beck@district6.org*; times that I am most available for parents are 7:00 a.m. before school. *I should return your e-mail within 24 hours.*

..... **Cut here!** .....

**Physical Education SYLLABUS ACKNOWLEDGEMENT FORM**

**Note:** Please read this syllabus carefully and sign it, have your parents/guardians read it and sign it, and return this portion to me by

I have read and understand the course expectations and policies:

\_\_\_\_\_

\_\_\_\_\_

*Print Student Name (Please print neatly)*

*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. Please also plan on attending parent/student teacher conferences Nov. 25<sup>th</sup> & 26<sup>th</sup> & March 19<sup>th</sup> & 20<sup>th</sup> . Contact me any time with questions or concerns.

\_\_\_\_\_

\_\_\_\_\_

*Parent/Guardian Signature*

*Parent/Guardian Email – please print neatly*

Best Phone Number(s) to reach you

First preference: \_\_\_\_\_

Second option (if available): \_\_\_\_\_

It is often easiest to call during the day, is it okay to call you at work if there is something I would like or need to talk to you about your student?

Yes                      No

If yes, work number: \_\_\_\_\_