Lake Mills High School

Lifetime Fitness

Instructor: Joe Clothier

Contact Information

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Course Description

Personal and Lifetime Fitness was designed and added to the physical education curriculum to meet the growing needs and interests of students who desired a course with a strong emphasis on personal fitness. The students will learn lifetime fitness skills to enable them to live a healthier lifestyle.

* Daily Class Procedures
  + You need to be in the locker room before the passing time ends. You are to dress in the locker room quickly in order be up in the gym on your dot numbers within 5 minutes from the start of the period. You will have 5 minutes to change at the end of class.
* Proper Dress
  + Students are required to be dressed every day for class in clothes other than those they wore to school. **Students who are not properly dressed will not be allowed to participate or make up the missed class.** After a second non-dress day, the student will receive a consequence. After four non-dress days in a semester, the student may be dropped from the class.
  + Acceptable dress includes: Full length T-shirts and athletic type shorts. T-shirts without sleeves are unacceptable. Soft soled athletic shoes with laces that are tied.
  + Unacceptable dress includes: Clothes worn to school that day. Ripped shirts, low cut and spaghetti straps, A-shirts. Cut offs, jeans, shorts worn below the hips and low cut shorts. Boots, shoes without laces, untied shoes, shoes that mark the floor, slip-ons sandals and crocs. Anything that goes against school dress code.
* Locker Room Procedures
  + Teachers are not responsible for your personal belongings. If your items are left unlocked at any time, they are not safe. We cannot emphasize this enough! All students are required to have their own school lock and locker. Sharing of lockers is not allowed. All lockers and combinations will be registered. Don’t bring valuables to the locker room. All personal items must be locked in the student’s locker during PE class. Do not bring food or drink into the locker room. Please help keep the locker room clean by picking up after yourself after you leave.
* Absence/Medical Policy
  + If a student is absent or unable to participate in class for more than two days due to medical reasons and is still present in class, a doctor’s note is required. (A parent note for missing one or two days of class is acceptable; however, these days must also be made up.
  + Make Ups- Students are able to receive points for absent days in several different ways.
    - Set up a workout time with Mr. Clothier before or after school
    - Write a one page, double spaced report on a fitness related topic (Check with Mr. Clothier) and present to class.
    - ONLY EXCUSED ABSCENSES CAN BE MADE UP
* Assessment
  + Psychomotor 60% (Formative assessment - Combined with affective 4 points per day)
    - Students will be given 3 points per day for participation.
    - Participation grading Rubric
    - **3/3**- Consistently exhibits the appropriate level of effort and efficiency. This level of effort/efficiency goes above and beyond minimum requirements in the daily activity as well as in the warm-up and cool down/stretching activities.
    - **2/3**- Effort/efficiency is usually appropriate, but at times is inconsistent. There are times during the daily activity, warm-up or cool down when the student could be more focused and motivated.
    - **1/3**- Effort/efficiency reaches appropriate levels only when encouraged and is rarely sustained. Student needs to be redirected by the teacher.
    - **0/3**- Exhibits little or no effort and is not working efficiently, even when encouraged or redirected by the teacher
  + Cognitive 30% (Summative assessment)
    - Anatomy Quiz 10 points
    - Training Zone Quiz 10 points
    - Final Project (2-3 Page Research on the benefits of Lifetime fitness) 30 points
  + Affective 10% (Formative assessment - combined with psychomotor 4 points per day)
    - Students are given one point daily for being on time and following class rules

Joe Clothier

Lake Mills Physical Education Department

[Joe.clothier@lakemills.k12.wi.us](mailto:Joe.clothier@lakemills.k12.wi.us)

We have read through the syllaubus and understand the expectations and policies for

this semester’s Physical Education class.

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Student Name (Printed) Date

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Student Signature Parent/Guardian Signature