



Fitness 4 Life Syllabus 2017 - 2018

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Office Hours Available by appointment (Student must arrange a time with Mr. Galindo)

Fitness 4 Life: Students will be informed of the benefits and sport through decision-making, cardiovascular fitness and skill development in various sport and lifetime leisure activities will be the focus of the Fitness 4 Life physical education course. Students will be informed of the benefits of fitness and sport through this knowledge base. Students will be equipped with the knowledge to make informed decisions in developing a healthy lifestyle. Cardiovascular endurance and conditioning will be emphasized through fitness and sport activities. These activities will be aimed at improving strength, agility, flexibility, and cardiovascular endurance. Students will be exposed to a variety of team, dual, and individual activities. These will focus on skill development (basic through advanced) and knowledge. All students will learn about and be engaged in these activities daily. Upon successful completion of the Fit 4 Life, students will be able to create, implement, and evaluate a personal lifetime fitness plan.

Athletic Gear: (Not Required, but strongly encouraged)

Athletic wear for participation in Physical Education. (t-shirt, shorts, sweatpants, sweatshirts and tennis shoes).

- (Any garment of clothing that has Belt loops on pants or collars on shirts will not be considered athletic wear!)

Be prepared for outdoor activity.

Gym clothes should be kept in Gym locker.

Course Units: The following units will be covered in Fit 4 Life.

Fitness 4 Life
Soccer, Football, Ultimate Frisbee, Organized Games, Basketball, Volleyball, Weight Room, Badminton, Softball

All Classes will participate in a Weight Training Day each week.

Grading: A student's grade will accurately reflect on the student's ability to participate daily, as well as complete other health related assignments.

Grading scale: The Following Grading Scale will be used for Fit 4 Life

WHS PHYSICAL EDUCATION/HEALTH GRADING SCALE		Grade Definitions
A A-	93.00 - 100% 90.00 – 92.99%	<u>Exemplary Work:</u> Student will participate and attend classes daily. Student will be able to display proficient knowledge in classroom topics and activities. Student will make a strong improvement on health assessments.
B+ B B-	87.00 – 89.99% 83.00 – 86.99% 80.00 – 82.99%	<u>Proficient/Thorough Work:</u> Student will participate in almost all classes and attend almost all classes. Student will displays strong knowledge in classroom topics and activities. Student will make a slight improvement on health assessments.
C+ C C-	77.00 – 79.99% 73.00 – 76.99% 70.00 – 72.99%	<u>Acceptable Work:</u> Student will participate in the majority of classes and attend most classes. Student will display some knowledge in classroom topics and activities. Student will make minimal improvement on health assessments.
D+ D D-	67.00 – 69.99% 63.00 - 66.99% 60.00 – 62.99%	<u>Mediocre work:</u> Student does not participate daily in class. Student displays minimal knowledge in classroom topics and activities. Student does not make any improvements on the health assessments.
F	50 – 59.99%	<u>Unacceptable work:</u> Student displays little to no effort in all aspects of the class.

Grade Make-Up: If the absence is excused, students will receive credit for the day. Unexcused absences go in the gradebook as a zero. The grade book is set up with 7 different categories and are as follows

Assessments (100%):

- **100% Daily Participation (Monday, Tuesday, Wednesday, Thursday, and Friday)**
 - 5 participation points are possible each day. Tardies, non-dress days, sportsmanship, and or a lack of effort are possible ways to lose points.
 - You will earn points based on your degree of participation. Degree of participation includes:
 - On Time
 - Your Attitude/ Language during activities
 - Your Participation during activities
 - Your Effort during activities
 - Your Sportsmanship during activities
 - 1 points will be deducted for being tardy to class

- If you miss a class period (excused or unexcused) No points will be given, however a make-up may be completed in order to regain points. (See make-up policy)

Missing Work:

Formative Assessments:

- **Daily Participation and Dress (Monday, Tuesday, Wednesday, Thursday, and Fridays)**
 - You can make up your daily points by completing a make-up sheet within one week of the absence. Refer to your teacher's web page for the make-up form.

Extra Credit: Opportunities will be given throughout the semester by Mr. Galindo to earn extra credit.