

PE Lifetime Fitness

Name of School – Central, North, West

Name of Course : Life Time Fitness/PE  
Course #: 234111

Instructor Information

Name  
Email address:  
School phone number  
web page address:  
Best times to be reached

Course Description

High school physical education will include some variations of the goal of competent/proficient performance in motor and sport activities as preparation for a life long physically active life style. Such competence naturally includes the effective and social goals of responsible behavior in a physical active setting.

District Standards and Power Benchmarks

Standards

- 1 Demonstrates competency in many movement forms and proficiency in a few movement forms.
- 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities
- 3. Participates regularly in physical activity
- 4. Achieves and maintains a health-enhancing level of physical fitness.
- 5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 Values physical activity for health, enjoyment, challenge, self-expression, and or social interaction

Course Information

PE Life Time Fitness PE is worth .25 credits. All freshmen must pass one term of Lift Time Fitness (Health/PE) to graduate.

Course Outline/Calendar

Each term students are taught three different units. These activities are basketball, soccer and swimming. All students will be assessed using the fitness gram and heart rate monitors.

Test/Other Required Materials/Resources

Trifit and heart rate monitors

Instructional Procedures & Support

Methods of delivery of instruction include cooperative learning groups, hands on activities, class discussion and class participation and guest speakers. Assignments will carry

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a variety of points and will mainly be completed in class. Make up work should be completed before or after school.

### Classroom Management Procedures

1. District policies, as found in the student planner, will be enforced.
2. Attendance is the key to being successful in Physical Education.
3. Treat all classmates and instructors with respect at all times.
4. Students are responsible to makeup all absences and missing assignments.
5. No food or drinks are allowed in the gym or locker rooms.

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### Assessment Plan

60% Daily effort/Attitude/Participation

20% Quizzes/tests

20% Fitness assessments

### Grading System

- A. 90-100%
- B. 80-89%
- C. 70-79%
- D. 60-69%
- E. 0-59

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