



Beginning Gymnastics

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Conference Period: 7th

Tutoring Opportunities:

Class Materials:

- No required text
- shorts Team shirt
- Personal device

Access to Canvas and Office365 tools is available to students through our [Single Sign-on Portal \(SSO\)](#). Students receive their SSO login during enrollment.

Course Description:

The purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health related components of physical fitness. Instructional units focus on basic conditioning, advantages of weight training, proper nutrition, and the appraisal of individual fitness levels

Course Goals:

Students who complete this course successfully will be able to:

Identify healthy alternatives in food choices and exercise choices. Have a complete understanding of a healthy lifestyle.

Student Evaluation:

The grading system for this course is as follows:

- Grade averaged 60% Major 40% Minor
- Major grades – tests (including District Common Assessments, six weeks assessments, projects, final essays, research papers, presentations); minimum three per six weeks
- Minor grades – quizzes, daily assignments, journals; minimum four per six weeks
- Semester exams will count 1/7 of the semester grade
- A letter system (S, N, U) is used to report a student's conduct based on proper/responsive conduct and citizenship
- Per Board Policy EIA (LOCAL), "The District shall permit a student who meets the criteria detailed in the grading guidelines a reasonable opportunity to redo an assignment or retake a test for which the student received a **failing** grade. This policy applies only to initial identified major grades and does not apply to daily assignments, quizzes, six-week test, and semester final examinations. Upon reteach and retest, the new test, project, etc. recorded will be a high score of 70%.

Attendance/Tardy Policy/Make-Up Work:

Late Work –Middle/High School Late work is defined as any assignment not turned in on the assigned date unless the date is altered by the teacher at his/her discretion.

Make-up work • All students shall be allowed to makeup work when they are absent from class. • Students shall have a time equal to days absent from class plus one day to complete all missed assignments. • Under extenuating circumstances such as long-term illness or family emergencies, teachers will work with the student to determine the due dates for make-up work missed. Teachers may reduce the length or number of assignments as long as the appropriate TEKS are covered.

Students returning to class following an absence are responsible for discussing with the teacher what is to be completed and date for such completion, along with securing necessary materials and notes. • Make-up work, including tests, at teacher discretion may be an alternate version of the original work (including online) as long as it is at the same level of cognition and covers the identical learning target(s). • Make-up tests should be administered before or after school to prevent a student from missing additional class time. At a teacher's discretion, tests may be made up during the school day. • Work, including tests, assigned prior to an absence may be due on the first return day. See the late work policy elsewhere in this document for make-up work not turned in when due dates have been set. • This requirement does not nullify or replace any established campus procedures in place related to “no zero procedures”

Grading: High School (on-level and Pre AP) 60% Major 40% Minor

Tardy policy 1st and 2nd Tardy – Warning 3rd Tardy – Referral and PM detention 4th Tardy and beyond – Referral/ Sat School / SAC

Classroom Expectations: Each student is expected to participate to the best of their personal ability each day.

Preliminary Schedule of Topics, Readings, and Assignments

Identify risky life style habits. Find alternative good habits to replace risky ones. Increase physical fitness levels.

Academic Integrity:

Academic integrity values the work of individuals regardless if it is another student's work, a researcher, or author. The pursuit of learning requires each student to be responsible for his or her academic work. Academic dishonesty is not tolerated in our schools. Academic dishonesty, includes cheating, copying the work of another student, plagiarism, and unauthorized communication between students during an examination. The determination that a student has engaged in academic dishonesty shall be based on the judgment of the classroom teacher or other supervising professional employee and considers written materials, observation, or information from students. Students found to have engaged in academic dishonesty shall be subject to disciplinary and/or academic penalties. The teacher and campus administrator shall jointly determine such action.