



## Physical Education Lifetime Fitness

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**Conference Period:** 6<sup>th</sup> period

**Tutoring Opportunities:**

**Class Materials:**

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 objective of Lifetime Fitness is to improve the students overall fitness level. Students will engage in individual sports, team games, personal physical fitness, and incorporating a healthy lifestyle into a student's life. We will monitor their fitness level with checks such as fitness day and the FitnessGram, a state mandated fitness assessment.

### **Course Goals:**

Students who complete this course successfully will be able to:

1. Extend and complete a mile by building incrementally
- 2.

### **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%.

### **Assignments, exams, expectations outside of the classroom:**

#### **Attendance/Tardy Policy/Make-Up Work:**

Students should be in attendance and participate in activities. Teacher will follow the campus tardy policy:

- 1 Tardy Verbal Warning from Teacher
- 2 Tardies Teachers Issues Morning Detention
- 3 Tardies Teacher Issues After-School

**Classroom Expectations:**

1. Go directly to your assigned spot upon entering the gym.
2. Respect teammates, coaches, and the rules of the game.
3. Walk out of the gym when dismissed in a calm and orderly manner.

**Preliminary Schedule of Topics, Readings, and Assignments**

Students will participate in fitness activities and lead up games and engage in individual sports, team games, personal physical fitness, and incorporating a healthy lifestyle into a student's life.

**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.