Seaside High School Fitness for Life

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Course Description: This class is designed to help students develop fitness techniques that will help them maintain a fit and healthy lifestyle. Fitness for Life is open to all students regardless of their current fitness level. This class is fitness based with an emphasis on developing lifelong fitness skills. The class will incorporate many different strategies that a student can use throughout their life. These strategies include: circuit training, aerobics, aerobic/anaerobic conditioning, Yoga, Pilates, fit balls, medicine balls, walking, running and occasional recreation games.

Dress policy: Students will be required to dress in PE cloths every day. Proper clothing includes: T-shirt or sweatshirts, athletic shorts or sweats, socks and gym shoes (no flip flops or bare feet). Not dressing down will result in half of your daily points being lost, as you are not prepared to participate in class.

Tardy Policy: Students will meet in the gym immediately after the tardy bell rings. If you are not in the gym at that time you will be considered tardy. School tardy policies are in effect. You will have 5 minutes to dress for class; if you are tardy for warm-ups, points will be deducted from your daily grade.

Medical information: If you are injured or ill, you must bring a note from a parent or guardian to be excused from any PE class. If the injury lasts longer than 2 days you must have a note from a doctor. With certain injuries it is still possible to participate in class, a modified workout will be provided for you. If you are injured during class you need to report it to the teacher as soon as possible.

Locker room & gym expectations:

1. Students are responsible for bringing their own towel
2. Students will be issued a lock and a locker. Lost or damaged locks will be replaced at full cost to the student. Please lock up all valuables and personal items.
3. No cell phones or other electronic devices without prior teacher approval whether you are participating or not
4. Help set up and take down all equipment. Do not leave class area without approval.
5. No leaving early at the end of the period or go into the parking lot or hallways before the bell has rung

Grading: Students can earn up to 10 points per day based on participation, effort, attitude and dressing down. Foul language, poor attitude, absences/tardy, and lack of participation are all ways to have points deducted from your daily total.

To make-up points due to absences students must write a summary of a news article that is health, fitness, nutrition or sport related. Make-up work will receive ¾ credit.

Oregon Common Core State Standards

1. 9-12 RST.4 Determine the meaning of symbols, key terms, and other domain specific words and phrases as they are used in a specific scientific or technical context relevant to topics
2. 9-12 RST.7 Translate quantitative or technical information expressed in words in a text into visual form and translate information expressed visually or mathematically into words.