



## Course Syllabus

Franklin High School		2020-2021
<b>DIRECTIONS:</b> For each course, complete the syllabus and share with your evaluating/supervising administrator <b>as a pdf</b> ("File-download-PDF document") <b>by 9/21/20</b> . Syllabi will be posted on the FHS website under your name for the public to view.		
<b>Course Overview</b>		
<b>NOTE:</b> For core classes, all elements of this section (except for name and contact information) are the same.		
Course Title: Personal Fitness		
Instructor Name: Mandy Weaver, and Rick Holte	Contact Info: <a href="mailto:mweaver2@pps.net">mweaver2@pps.net</a> , <a href="mailto:rholt@pps.net">rholt@pps.net</a>	
Grade Level(s): 10, 11, 12		
Credit Type: PE	# of credits per semester: 0.5	
Prerequisites (if applicable): PE 9		
<b>General Course Description:</b>  This health-promoting class will expose you to a wide variety of training modalities with a focus on proper movement patterns, setting and meeting goals, and learning a variety of exercises to do at home to enhance your overall health. Basic fundamental movement skills as well as complex movement patterns will be covered. This class will provide an excellent opportunity for you to start an exercise program, learn or improve in your sports, boost self-esteem, get in shape, and have fun!		
<b>Prioritized National/State Standards:</b> <ul style="list-style-type: none"><li>- Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</li><li>- Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</li></ul>		
<b>Course Details</b>		
<i>Learning Expectations</i>		
Materials/Texts: Canvas <a href="https://www.youtube.com/watch?v=FHYJXHWGXAQ&amp;t=16s">https://www.youtube.com/watch?v=FHYJXHWGXAQ&amp;t=16s</a>		
<b>Course Content and Schedule:</b>  Synched Classes - [160 points - 10 each class] Will meet 2x a week. Must have your camera on or email me a time lapsed video of the synched session immediately after class.  Health Journal - [80 points - 10 each week] Students are expected to fill out and complete a weekly health journal. Journals will be submitted each week no later than 11:59 PM on Sundays.		



<p>Differentiation/accessibility strategies and supports (TAG, ELL, SpEd, other):</p> <p>Training will be individualized to fit students' needs.</p>
<p>Safety issues and requirements (if applicable):</p> <p>6 absolutes of fitness.          Be relentless with your form and technique.          Safety agreement - available in Canvas.</p>
<p>Classroom norms and expectations:</p> <ol style="list-style-type: none"> <li>1. Workout/train 5 days a week for a minimum of 30 minutes each time.</li> <li>2. Keep a daily training/health journal - to be submitted each Sunday by midnight.</li> <li>3. Be relentless with your form and technique.</li> <li>4. Treat each other with courtesy and respect. Teamwork &amp; support.</li> <li>5. Train hard. Train smart.</li> <li>6. Get some protein and water post workout to improve your fitness and recovery.</li> </ol>
<p><i>Evidence of Course Completion</i></p>
<p>Assessment of Progress and Achievement:</p> <p>Goals &amp; Assessment - Each student will set a long term goal to work on all semester. On Monday of each week you will reflect on the previous week of training as well as set a short term goal to focus on for the current week. We will also have a couple of fitness tests each week to track our progress.</p> <p>Make Ups [injury &amp; sickness]: For the duration of the injury/recovery period, students will work independently on a research project directly related to their individual injury. Expectations surrounding length and depth of information is dependent upon the length of the recovery.</p>
<p>Progress Reports/Report Cards (what a grade means):</p> <p>A - D: you passed - met or exceeded expectations.          F: try again - did not meet expectations.</p>
<p>Career Related Learning Experience (CRLEs) and Essential Skills:</p> <p>Lifelong health and happiness.</p>
<p><b>Communication with Parent/Guardian</b></p>
<p>What methods are used to communicate curriculum, successes, concerns, etc.?</p> <p>Canvas. Email. Remind.</p>
<p><b>Personal Statement and other needed info</b></p>

