

# FIT FOR LIFE COURSE SYLLABI

Instructors:

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**GRADE LEVEL 10**

**SUBJECT: FIT FOR LIFE 1**

Meets everyday for 1 semester.

**COURSE DESCRIPTION:** This is the second of the core PE courses in MPS. Depending on individual school facilities / staffing, these coeducational courses emphasize health related fitness. At the conclusion of the subject offerings, students will have experienced a wide variety of fitness activities that they will be able to replicate on their own. Emphasis is on activities that has students who are moderately to vigorously active for 60% of the class time. Students will have an understanding of their own fitness level, how to assess their fitness, and how to improve their health related fitness.

## Course Activities:

Badminton  
Bowling  
Golf

Dance  
Floor hockey  
Tennis

Snow shoeing Ultimate  
Table tennis  
Wellness

Cooperative games  
Frisbee

## OBJECTIVES:

1. Students will exhibit a physically active lifestyle.
2. Students will demonstrate competency in many forms of movement and proficiency in some.
3. Students will apply concepts and principles of movement to learning and development of physical skills.
4. Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.
5. Students will achieve and maintain a health enhancing level of physical fitness.
6. Students will demonstrate responsible personal and social behavior in physical activity settings.
7. Students will demonstrate understanding and respect for differences among people in physical activity settings.

## SCOPE AND SEQUENCE

### Key Components:

- **Active Warm-ups:** Prior to any stretching for a warm-up the body temperature needs to be raised to increase the effectiveness of the stretch (such as through jogging). Research continues to show that dynamic stretches, slow controlled movements through the full range of motion, as part of a warm-up are significantly more effective than static stretches in reducing muscle stiffness, a key factor in reducing injuries.
- **Cardio Work-out:** Either as a stand alone or as part of the Unit Activity a cardiovascular work-out is a regular essential aspect of the class.

- **Skills Practice:** Even though these are not sport related activities there are still skills that students need to learn and practice. Each class period will spend time addressing new skills or practicing skills that students need to fully participate in the activity.
- **Unit Activity:** Each class period will have extended time that students participate in the activity and learn that fitness can be fun.
- **Cool-down:** Cool down activities are often bypassed as less important and cut due to lack of time in a physical education class. This is an important skill that students need to do on a regular basis. A wide variety of cool down activities will be presented to students. This is where research shows that static stretches are more appropriate to help relax the muscles and facilitate an improvement in maximum range of motion.
- **Journaling:** recording activities is an important skill for students for self-management and goal setting.
- **Enrichment Activity:** Opportunities for students to continued practice of an activity outside the regular school day.

### **CLASSROOM EXPECTATIONS:**

DO YOUR BEST  
 TRY YOUR HARDEST  
 GIVE YOUR ALL

### **TARDINESS:**

Be on time daily to class (in the locker rooms)  
 8 minutes to dress prior to the start of class  
 Three times Tardy = write up for documentation and calls home.

### **ABSENCES:**

Follow the RUHS handbook policy on absences & the effects on grades and exams located on pages 11 – 12 of your planner.  
 Three times unexcused = write up for documentation and calls home.

### **GRADING PROCEDURES:**

Grading is based upon the Wisconsin State Standards. Grading is also influenced by the following criteria: attendance, dress for activity, cooperation and participation , improvement, knowledge of rules, skills and drills, written tests, final exam.

Students are required to dress and participate in daily physical education and swim classes. Only a written doctor's excuse can excuse a student from participation. Attendance and tardiness can also affect a student's grade.

## **STATE STANDARDS FOR PHYSICAL EDUCATION**

**STANDARD 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**STANDARD 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**STANDARD 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

STANDARD 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

1. Standards 1, 2, and 3 will be graded with the proficiency scale. Physical educators will collect evidence over the mark period of student performance in these skills based on the current set of classroom activities.

2. Standards 3, 4, 5 will be assessed daily on a point system.

- 10 points each class for student does/does not participate in class activities.
- 10 points each class for student does/does not behave with respect for self and others.
- 10 points each class for student does/does not show a value in class activities as shown by their full involvement.

## PROFICIENCY SCALE

### ADVANCED (AD)

The student consistently **exceeds** grade-level expectations on standards as demonstrated by a body of evidence that shows depth of understanding and flexible application of grade-level concepts.

### PROFICIENT (PR)

The student consistently **meets** grade-level expectations on standards as demonstrated by a body of evidence that shows independent understanding application of grade-level concepts.

### BASIC (BA)

The student performs **just below** grade-level expectations on standards as demonstrated by a body of evidence that shows incomplete/inconsistent understanding and application of grade-level concepts.

### MINIMAL (MI)

The student performs far below grade-level expectations on standards as demonstrated by a body of evidence that shows limited understanding and application of grade-level concepts.

## MAKE UP WORK

If a student is absent more than 3 times with an excused absence, he/she has the option of make-up work. Make-up work is offered only after school on scheduled days. Students are required to workout for ½ hour in the Wellness Center to receive credit for 1 class period. Students can also participate in the afterschool wellness program to achieve credit for missed physical education class. Activities vary throughout the year.

## FINAL ASSESSMENTS

A comprehensive written exam will be given in all PE/swim/Health classes semester 1 and 2. Use of any electronic device during exams will result in automatic failure of the assessment. Students that have demonstrated proficiency (letter grade of "B" or higher) in a course and have met the following criteria will be able to exempt from the final assessment for the course.

The criteria for students to exempt from the Course Final Assessment are:

1. Must demonstrate proficiency (letter grade of "B" or higher)
2. Have 95% attendance or higher in the course (no more than 4 excused absences)
3. No unexcused absences
4. Off the unfinished business list (fees and fine)

**WRITTEN ASSESSMENTS**

Written assessments can be made up for excused absences

All assessments can be REVIEWED, REVISED, AND REDONE!

You get 1 week to make up work. Tuesdays and Thursday afterschool are days for student.

**STUDENT SUPPORT:** Tuesdays and Thursdays from 2:45 – 3:25

**DISCIPLINE POLICY:**

The Physical Education Department follows the policies and procedures outlined by the school administration.