MEDIAPOLIS
PHYSICAL EDUCATION

STRENGTH & CONDITIONING CLASS GUIDE

MY GOAL AS YOUR PHYSICAL EDUCATION TEACHER:

To provide you with the opportunity to participate in a variety of physical activities while in my class. Activities such as speed and agility drills, plyometrics, abdominal exercises and weight lifting should provide enough variety that classes will not become boring. I want to provide you with the opportunity to learn many forms of physical activity, so that when you graduate high school, you will continue to be physically active throughout your lifetime.

MY GOAL FOR YOU AS PHYSICAL EDUCATION STUDENTS:

To participate with *GOOD EFFORT* in all activities that we do in class. Whether you are particularly good at a certain activity is not important – what is important is that you are doing that activity to the BEST of YOUR ABILITY. Although I know some students will only give a good effort and do things to the best of their ability because they want a good grade in this class, it is my hope that students will give a good effort and do things to the best of their ability because they know physical activity is an important part of living a healthy life and they enjoy the benefits of taking part in physical activity.

GRADING SCALE

A	96-100%
A-	90-95%
B+	87-89%
B	84-86%
B-	80-83%
C+	77-79%
C	74-76%
C-	70-73%
D+	67-69%
D	64-66%
D-	60-63%
F	0-59%

QUARTER GRADING CATEGORIES

CATEGORY	PERCENTAGE OF YOUR QUARTER GRADE
SAPA Attitude and Behavior	5%
Lifting Attitude and Behavior	5%
Physical Activity Clothing	10%
Unit Quizzes/Lifting Sheets	10%
Physical Fitness Tests	10%
SAPA Effort	30%
Lifting Effort	30%

SEMESTER GRADING CATEGORIES

CATEGORY	PERCENTAGE OF YOUR SEMESTER GRADE
1st/3rd QUARTER GRADE	40%
2nd/4th QUARTER GRADE	40%
FINAL EXAM	20%

<u>CATEGORY DETAILS</u>

PHYSICAL ACTIVITY CLOTHING: 10%

Students will receive 1 point each day if they are dressed in proper physical Activity clothing. This includes a t-shirt/sweatshirt, shorts/sweatpants/athletic Pants, and tennis shoes. If students are not dressed in proper physical activity Clothing, they will receive 0 points.

SAPA ATTITUDE AND BEHAVIOR: 5%

Students will receive a score of 1-5 points each day based on the behavior they have during the SAPA (speed, agility, plyometrics, abdominals) activity. Points will be based on the following scale:

5 On task, helpful and encouraging to others, no foul language
4 On task, independent, no foul language
3 On task, disruptive to others, foul language
2 On task sometimes, disruptive to others, foul language
1 Not on task, disruptive to others, foul language, disrespectful/defiant to teacher

LIFTING ATTITUDE AND BEHAVIOR: 5%

Students will receive a score of 1-5 points each day based on the behavior they have During the lifting activity. Points will be based on the following scale:

5 On task, helpful and encouraging to others, no foul language
4 On task, independent, no foul language
3 On task, disruptive to others, foul language
2 On task sometimes, disruptive to others, foul language
1 Not on task, disruptive to others, foul language, disrespectful/defiant to teacher

SAPA EFFORT: 30%

Students will receive a score of 1-5 points each day based on the effort they put Forth during the SAPA activity. Points will be based on the following scale:

5 Gives best effort
4 Gives good effort, is capable of giving a better effort
3 Gives average effort, is capable of giving more and less effort
2 Gives effort sometimes, gives no effort sometimes
1 Gives no effort

LIFTING EFFORT: 30%

Students will receive a score of 1-5 points each day based on the effort they put Forth during the lifting activity. Points will be based on the following scale:

5 Gives best effort
4 Gives good effort, is capable of giving a better effort
3 Gives average effort, is capable of giving more and less effort
2 Gives effort sometimes, gives no effort sometimes
1 Gives no effort

UNIT QUIZZES/LIFTING SHEETS: 10%

Students will receive a score of 0-10 points for each quiz based on how Many questions they answer correctly. Quizzes will be given over each unit the Last day of each unit.

Students will receive a score of 0-5 points for filling out their lifting sheet each week. Scores will be based on the following scale:

5 Sheet completely filled out
4 Most of the sheet is filled out
3 About half of the sheet is filled out
2 Most of the sheet is not filled out
1 Very little of the sheet is filled out
0 None of the sheet is filled out

LIFTING MAX OUTS AND CONDITIONING TIMING: 10%

Students will receive a score of 0-10 points each time they complete their lifting max outs and conditioning timing tests. These will be administered at the beginning, middle, and end of each semester.

PROPER PHYSICAL ACTIVITY CLOTHING

FOOTWEAR – Tennis shoes or sneakers. No boots, dress shoes, heels, flats, flip-flops, sandals, stocking feet, or bare feet will be allowed.

BOTTOMS – Shorts or sweatpants/slick pants. No jeans, dress pants or slacks, skirts, or dresses will be allowed.

TOPS – T-Shirt or sweatshirt. No polo's, dress shirts, or blouses will be allowed.

SCHOOL DRESS CODE APPLIES DURING PHYSICAL EDUCATION CLASSES!!!

PHYSICAL EDUCATION CLASS PROCEEDURES

At the beginning of each class students should report to the north wall of the gym and line up in alphabetical order for attendance. Students not lined up alphabetically when the tardy bell rings will be marked as tardy.

After attendance, students will be dismissed to the locker room to dress for class. Students will have a five-minute changing period and are to report back to the gym when they are done changing. Using the drinking fountain or restrooms are permitted at this time.

Students will be given 5-10 minutes at the end of class to shower and change into school clothes. Once a student is done changing, they are to report to the gym and wait for the dismissal bell to ring. **STUDENTS SHOULD NOT LEAVE THE GYM OR THE LOCKER ROOMS TO GO TO THE CONCOURSE!!!**

Only students who have a signed doctor's note excusing them from physical education activities, and who have given a copy of this note to the teacher, will be excused from a class activity.

Students who choose not to participate in class activities for the day will be given a written assignment to do. Students who complete the written assignment by the end of the class period will receive 50% of their points for that day.

If you miss a day of class you will receive a zero for that day. You have the opportunity to earn all of those points back by doing a make-up assignment. It is your responsibility to get a make-up assignment from the teacher if you should miss a day of class. Make-up work may be turned in no later than 2 school days after the end of the quarter in which the class was missed.

PHYSICAL EDUCATION CLASS RULES & EXPECTATIONS

- Feel free to do anything you want as long as it does not cause a problem for anyone else in the world
- If you cause a problem I will do something
- Be where you're supposed to be and do what you're supposed to do
- Be quiet and attentive when the teacher is giving instructions
- Use school appropriate language
- Ask the teacher for permission to leave class **before** going anywhere
- Keep beverages and food of any kind in the locker room during class. You may have these during the 5-10 minutes of shower/dressing time at the end of class only. Students must clean up after themselves or will lose this privilege.
- Report all problems (injuries, bullying, etc.) to the teacher immediately
- Be quiet and non-disruptive when walking in the hallways as a group