

# FITNESS FOR LIFE 1 - SUMMER

## Course Content Requirements:

- Students are required to participate in a Fitness Assessment at the beginning and end of the course at a designated location. (Goal is to increase Physical Fitness by participating in Physical Activity during the course) **Attendance and participation in the Pre/ Post Assessments is MANDATORY.**
- Students are required to complete all lessons, activities, and assessments from the online content. (Estimated time: approximately 25 hours of coursework)
- All course assignments must be completed in consecutive order.

## Physical Activity Requirements:

- Students are required to complete a total of 40 hours of physical activity during the duration of the class (8 weeks).
- Students **cannot** count any physical activity associated with school sports (practice or games) as we are not able to award credit for any extra-curricular programming per KSHSAA and state regulations.
- Students must select physical activities that support Cardio, Flexibility, and Strength Development over the course of each week (better if in one workout).
- Students are required to log their physical activity on the Fitness Log and send parental/guardian email weekly.
- Students must participate in a minimum of 4 different types of activities over the course of the class (prefer each week).

## Physical Activity Fitness Log:

- Students must participate in a minimum of 5 hours of physical activity per week.
- Students must participate in physical activity for minimum of 5 days per week (60 minutes of activity for 5 days per week = 5 hours of exercise).

**Texts/ materials/ software:** Students will access the course content via the *Edgenuity* digital platform and log physical activity hours on the Fitness Log (click on the heart icon) located within *Edgenuity*.

## Grading: Course components will be weighted to determine Final Grade:

- Pre/ Post Test will be worth 10% (based upon individual growth shown)
- Course content assignments will be worth 20%
- Quizzes will be worth 10%
- Physical Activity Log Hours will be worth 60%.
  - Students earn a weekly physical activity log grade each week
  - Weekly activity log is worth 5% of the grade and this work cannot be made up.
  - If a student is ill or injured, he or she will need to contact the teacher immediately and provide documentation (i.e., Doctor's Note describing physical activity restrictions).

**Fitness Test for Fitness for Life Course through *Edgenuity*.**

Students will be required to participate in a Pre / Post Fitness Assessment for the Fitness for Life course. The goal for each student will be to show growth during the Post-Test compared to the performance on the Pre-Test.

**Students will be assessed in three areas: - in this order**

- **Flexibility (Sit & Reach)**
- **Strength**
  - # of Sit Ups student can perform in 60 seconds
  - 2-minute rest
  - # of Push Ups student can perform in 60 seconds
  - 2-minute rest
- **Cardio (10-minute walk or run)**
  - Teacher will track the distance the student walks, runs, or jogs during the 10-minute period

Teacher will demonstrate proper technique for standard and modified push-ups and sit ups for the students at the beginning of the Pre-Test. If students are unable to perform standard sit ups or push-ups with proper technique, the modified form will be acceptable. The goal will be for the students to be able to perform more sit ups and push-ups during the Post-Test than they did during the Pre-Test. If the student could only perform modified exercises during the Pre-Test, then the goal would be to see if they were able to demonstrate the standard form during the Post-Test or increase the number of the modified form.

Feedback from the Pre-Test will be provided to each student regarding how they can work throughout the course to improve in each area. Videos will be available demonstrating exercises, and activities that support the skills needed for flexibility, strength, and cardio. Students will set goals and monitor their own progress as part of the physical activity log requirements. A student recording sheet will be created for the teacher to document performance during the Pre and Post Fitness Assessments.

**SUMMER**

For your fitness logs:

- A minimum of 5 hours must be completed each week for a total of 40 hours of fitness over the course
- They **MUST** be submitted by 5pm on Sunday night
- A parent email must follow letting me know that they have looked over your log and approved your hours by 5pm on Sunday night

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date: \_\_\_\_\_