

## COURSE CODE: 6th Grade Lifetime Fitness

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2023-2024  
Monday-Thursday  
1 Trimester credit

**COURSE DESCRIPTION:** Students will be provided a wide variety of activities to improve their five components of fitness. Two times a week we will have a fitness workout, which includes improving cardiorespiratory endurance, flexibility, stability, agility, and strength. The other two times a week we will be playing games to increase our overall fitness levels. Students will be able to track their growth through various fitness tests given during the school year. I will be providing you with lessons that will help you achieve your fitness goals and have fun too!

**PREREQUISITES/COREQUISITES:** None

**OBJECTIVES:** To improve cardiorespiratory endurance, flexibility, stability, muscular strength, and muscular endurance. Students will be able to track their growth through various fitness tests given during the school year. Students will build relationships with peers and sportsmanship through cooperative games and activities.

### INFORMATIONAL RESOURCES:

Google classroom will be your go to place for handouts, assignments, and resources from class. We will also be utilizing WELNET through <https://www.focusedfitness.org/>.

**GRADING:** Students can earn a weekly grade of 100% by having a positive attitude, full effort, dressing down and answering the Google question correctly. Students are required to have appropriate gym shoes. This is their dressing down grade.

- \* Appropriate Gym shoes- Tennis shoes
- No clogs (crocs, hey dudes, ect.)

Middleton Middle School adheres to the following grading scale:

90-100 . . . . A  
80-89 . . . . B  
70-79 . . . . C  
60-69 . . . . D  
00-59 . . . . F

**COMMUNICATION:** Skyward is where you will find the grades for students. (\*Note: you can set Skyward up to email you progress reports and missing assignments so you don't have to go into Skyward to find out how your student is doing).

Progress reports will be emailed to parents on a regular basis. I will try to have all grades updated and in the gradebook no later than midnight on Sundays. Teacher's may post an announcement on your google classroom.

**BACKPACKS:** Due to not utilizing lockers, students will be required to bring their backpacks into the gym. They are to be placed along the bleachers or in the designated area. Students may not return to their bag during class, unless given permission by their teacher. At no time are backpacks allowed in the locker room.

**WATER BOTTLES:** Water bottles are encouraged. There are no drinking fountains located on the track. Please do not share water bottles and keep them next to your backpack. Water is the only beverage allowed in the gym and inside the water bottles. Please ensure your water bottle can seal completely.

**CELL PHONES, COMPUTERS, AND OTHER ELECTRONIC DEVICES :** Cell phones and other electronic devices are not allowed in the locker room. Students will have their phones OFF and in their backpack. Unless previous arrangements are made with teachers, students will not be using their phone/electronic devices in the gym or locker room.

**GUM:** We have a NO gum policy in the gym.

**Hats:** Hats are not allowed to be worn in the gym.

**Outdoors:** When the weather permits we will be outside. If you would like to have sunscreen or bug spray please provide this for your student.