

## COURSE CODE: 7th Grade Intermediate Fitness

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2023-2024  
Monday-Thursday  
Year long commitment

**COURSE DESCRIPTION:** Students will be in the weight room improving their five components of fitness. 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:** Pass Lifetime Fitness. Must get a signature from their 6th grade PE teacher and one other teacher as a recommendation.

**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 dress down, students can purchase a school PE uniform or bring clothes from home (school appropriate white or gray shirt and black or navy blue shorts). Students are required to have appropriate gym shoes.

- \* Appropriate Gym shoes- Tennis shoes
- No clogs (crocs, hey dudes, ect.)
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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:** Students will be required to bring their backpacks into the gym. They are to be placed along the bleachers. Students may not return to their bag during class, unless given permission by their teacher. Backpacks are not allowed into the locker room.

**WATER BOTTLES:** Water bottles are **REQUIRED** so that students aren't constantly leaving the weight room/cardio room to go to a drinking fountain. Please make sure water bottles are full before class. 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.

**GUM:** We have a NO gum policy in the gym. Gum is very difficult to remove from the gym floor and is a potential choking hazard for your student.

**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.

**General Expectations:** I understand that I will commit for the entire 2023-2024 school year. Intermediate Fitness students are also expected to complete tasks assigned by the instructor, **exhibit positive behavior, show VIKES character traits, maintain high attendance, have no disciplinary issues, and act as a role model.**

**Students must have no D's, F's or office referrals for the entire school year.**

**By signing below I agree that my student will abide by all rules and expectations. I understand that lifelong injuries happen in the weight room, and that my student is expected to follow all directions. Students that break the rules and expectations could potentially be removed from the class depending on severity of action. All cases will be reviewed by Mrs. Wold and Mrs. Mips.**

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**This paper must be signed by both student and parent and returned no later than 8/17/23. Students who do not return this syllabus will be removed from the class.**