

**Challenger High School**  
**2023/2024**  
**Introduction to Lifetime Fitness**  
**HEF 111**

**CEDAR CODE: 08001**

**Quarter 1: August 30- Nov 3, 2023**

**Instructor: Faith Heimlich Phone: (253) 800-6806 Email: fheimlich@bethelsd.org**

**Grade Level: 9,10,11,12 Credit: Health and Fitness or Elective .5**

**This course is a prerequisite for physical education courses.**

**Welcome!** This class is an introductory course designed to promote lifetime fitness. Students will understand the five components and perform various activities to enhance their fitness levels in all five areas. Fitness assessments will be administered and evaluated throughout the quarter. Students will understand elements of nutrition, safety and basic anatomy and physiology. At Challenger High School we believe that all students can improve their level of fitness and we provide opportunities for all students, regardless of fitness level.

***10 Week Course:***

Week 1: Introduction to class structure, routine, expectations, etc.  
Week 2: Pre-Baseline Fitness Testing and Goal Setting  
Week 3: Five Components of Fitness  
Week 4: FITT Principle  
Week 5: Intensity Levels & Target Heart Rate  
Week 6: Midterm Review, Midterm and Progress checks  
Week 7: Healthy habits  
Week 8: Muscular System  
Week 9: Exercise Design  
Week 10: Final Fitness testing, Final reflection, and Final Exam

\*May be subject to change

**Course Hours:**

- 4.5 hours per week in class
- 2.5 hours of homework per week

**Materials:**

- Curriculum developed through materials provided by Five for Life, Focused Fitness, and SHAPE America

**Class Expectations:**

***Be Ready to be Actively Engaged in Class!***

**Face to Face Learning Norms**

- Be on time – Connect with me if you are unable to attend.
- Follow the flipped learning assignments in Canvas
- Co-create and practice classroom norms

- Practice 21<sup>st</sup> century skills of communication, collaboration, critical thinking, and creativity

***Be Ready to Demonstrate your Learning!***

**Standards Based Grading**

**Formative Assessments: 20%**

**Summative Assessments: 80%**

**Formative Assessments in this course:**

- Health and fitness challenge lessons, literacy assignments, cognitive rehearsal activities, and student-designed workouts.

**Summative Assessments in this course:**

- *Fitness Plan/Portfolio* - Students will complete a Canvas portfolio that includes fitness scores (pre and post), SMART goals, and progress checks and reflections.
- *Quizzes* – Students will take quizzes at the end of each unit to demonstrate understanding of the fitness components and training principles we have been discussing and applying in our class activities ● *Midterm/Health and Fitness CBA* – You will take unit quizzes, a midterm, and a final exam. All of the work that you do during the quarter will be addressed on the exams. **There are no retakes on the final exam.** ● *Grading Rubrics* – Standards based rubrics will be used to evaluate your progress on formative and summative assessments. (See Canvas for Project Rubrics).
- *ALE Progress* - Your progress is monitored weekly. Progress is at the discretion of the certificated teacher based on weekly evaluations and the students' ability to complete the required learning benchmarks for that week. If a student fails to make collective progress, then monthly progress is unsatisfactory. Student monthly progress is specifically evaluated against progress benchmarks, which are clearly defined in the course for each week. In addition to the course schedule, these benchmarks may also come in the form of lesson, unit, assignment and/or assessment completion dates. These established progress benchmarks will allow teachers and students to assess the students' educational progress in meeting the course learning standards. At a minimum, students must turn in at least one assignment per week to maintain a passing grade and a status of "making monthly progress," but will need to complete all the instructor is asking for each week in order to complete the course on time.
- *Standards* - this course meets the State and School District graduation requirements. This course met the Common Core Standards for Washington State and the National Physical Education Standards. It is also aligned with appropriate practices recommended from SHAPE America.
- Common Core (Math and ELA) <http://www.corestandards.org/>
- National PE Standards <http://portal.shapeamerica.org/standards/pe/default.aspx>

**Priority standards addressed in this course:**

1. I can regularly demonstrate **personal and social responsibility** through:
  - Engagement
  - Following Co-created Norms
  - Personal Reflections

National PE Standards	4,5
	5,7,8

2. I can consistently demonstrate my understanding of **the importance of all phases of a workout/physical activity** through:
  - Quality time (participation) in activity!
  - Warm-up
  - Main Activity

- Cool-Down

National PE Standards	1,2, 3	1,2,3,4,7
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3. I can demonstrate my understanding of the **Five Components of Fitness, Fitness Principles and Fitness Skills**, as well as identify which activities address each of these components through:

- Quality time in activity!
- Identification of fitness components/fitness principles during activity
- Written Assessments

National PE Standards	1,2,3, 5	National Health Standards 1,3,4,6,7
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4. I can demonstrate my understanding of **simple and complex motor skills** through: •

- Quality time in activity!
- Proficiency in movement combinations
- Effective movement skills in complex games / exercises

National PE Standards	1, 2	National Health Standards 1,5,6,7
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5. I can prepare for **lifelong fitness** through:

- Quality time in activity!
- Goal Setting
- Written Assessments
- Health / Fitness Planning

National PE Standards	3,4, 5	National Health Standards 1,5,6,7
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6. I can create projects about **lifelong fitness** through writing, demonstration, findings & evidence, & determine a theme or central idea of a text and analyze in detail:

- Produce clear and coherent writing
- Present information and findings clearly, concisely, and logically
- Written Assessments
- Determine themes and analyze health and fitness information

ELA Standards (Common Core)	C RL.9-10.2
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- **Redo/Late Work Policy** - Our focus is on student learning how to create individual life-long fitness plans. Some students progress at different speeds. We believe that students should have more than one opportunity to demonstrate what they have learned. With this in mind, we have developed the following policy for retaking tests:

- Any student who wishes to improve their test grade may retake any exam, except the final exam. • A

test or assignment must be redone during the quarter grading period and prior to the final turn in date.

- All assignments can be accessed in Canvas and turned in via canvas, email, or in hard copy by the

**FINAL TURN IN DATE**

**Signature Page** (Sign in Canvas or Notability)

I have read and understand the course requirements for Challenger High School's Introduction to Lifetime Fitness Program. Please fill out the below information, sign, and return the signature page to your teacher. Thank you!

**STUDENT INFO:**

Student Name (Printed): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Email: \_\_\_\_\_ Cell: \_\_\_\_\_

**GUARDIAN INFO:**

Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

**\*\*\*Email is a great way to communicate with the teacher. Please provide an email address.**

**Teacher Email:** [fheimlich@bethelsd.org](mailto:fheimlich@bethelsd.org)

**Questions, Comments, Concerns?**

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**Please circle the appropriate statement below if you have written down a question, comment, or concern:**

- **Just letting you know. We can talk later.**
- **Please contact me as soon as possible via phone or email.**
- **I/We would like a guardian meeting as soon as possible**