

Challenger High School
2023/2024
Conditioning
HEF 103

Quarter 3: January 31- April 12, 2024

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

Grade Level: 9,10,11,12 Credit: Physical Education or Elective .5

Prerequisite: Must be currently enrolled or have already taken Introduction to Lifetime Fitness

Welcome! This course is designed to teach students techniques in developing muscular strength endurance, as well as aerobic conditioning. Weight training alternated with cardiovascular conditioning is the hallmark of this course. Cardiovascular conditioning will consist of running and recreational activities. Students will be taught the proper principles of training and how these principles relate to conditioning. Students are encouraged to develop their own lifetime fitness goals. Fitness testing will be conducted each quarter.

9 Week Course:

Week 1: Pre-Baseline Fitness Testing
Week 2: SMART goal setting The “Why” of Exercise
Week 3: Components of Fitness and Principles of Training
Week 4: Anatomy: Muscles
Week 5: Anatomy: Bones
Week 6: Designing a Strength-Training workout
Week 7: Impact of exercise on mental health
Week 8: CPR/AED/RICE
Week 9: Creating a fitness plan
Week 10: Final Exam Review & Final Exam

*May be subject to change

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 21st century skills of communication, collaboration, critical thinking, and creativity

Be Ready to Demonstrate your Learning!

Standards Based Grading

- *Portfolio* - You will complete a Canvas portfolio that includes fitness scores (pre and post), health and fitness challenge lessons, literacy assignments, and cognitive rehearsal activities.
- *Daily Activities* – You are encouraged to participate in daily and weekly activities that promote fitness and health.

- *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	National Health Standards	5,7,8
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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	National Health Standards	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)	CCRA.W.4	SL.9-10.4	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: _____

GUARDIAN INFO:

Guardian Name: _____ Signature: _____ Date: _____

Guardian Email: _____

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

Teacher Email: fheimlich@bethelsd.org

Questions, Comments, Concerns?

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**