GHS – PHYSICAL EDUCATION DEPARTMENT
Course Syllabus

COURSE NAME: BASIC WEIGHT TRAINING

INSTRUCTOR NAMES & CONTACT INFO:

Ms. Parrish	pdparrish@gsd200.org	882-8741
Ms. Ingraham	mringraham@gsd200.org	882-8758
Mr. McFadden	klmcfadden@gsd200.org	882-8742

COURSE DESCRIPTION

Courses within the Grandview Physical Education department will teach students to develop overall body strength, speed, agility, physical fitness techniques along with games and activities to utilize for a lifetime. This will be achieved through the use of heart rate tracking, plyometric training, components of fitness, sports, tactics and cardiovascular development, along with much more. A scholar's high school years are a time of changes and decisions. Physical education is designed to help students learn and apply healthy behaviors, to aid them in maintaining optimum health as a lifelong process, and to show scholars how to take responsibility for making healthy decisions.

COURSE GOALS

Basic Weight training is all about the student. Topics include real-life situations and allow students to gain skills and interests to in turn be physically active for a lifetime. Our hope is that students will be able to leave our classroom at the end of the trimester comfortable enough to walk into a gym and create their own workouts that will help them reach their fitness goals. Units last one to two weeks, then we are onto something new! The topic areas are based on National and Washington State Physical Education Standards, and are different in each PE class. See your Canvas page for specific topics.

STATE STANDARDS:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.
Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

TEXT AND READING MATERIALS

Articles and documents related to subject material will be placed on CANVAS by the instructor. Students will be required to check Canvas regularly for announcements and assignments.

REQUIRED SUPPLIES

- Combination lock for locker (no keys)
- Computer to complete assignments
- Athletic clothing, students must wear loose fitting athletic clothing (i.e. tennis shoes, shorts and t-shirt)
- Water bottle

If purchasing or acquiring any of these items will be an issue, please contact your teacher immediately! We want everyone to be successful and prepared for class every day!

COURSE TOPICS OUTLINE

Includes, but not limited to the following items:

- Week 1 - Core Lifts/Measurements/Maxes
- Week 2 - Muscle Groups
- Week 3 - Auxiliary Lifts
- Week 4 - Reading a Program
- Week 5 - Auxiliary Lifts
- Week 6 - MidTerm
- Week 7 - Heart Rate
- Week 8 - Components of Fitness
- Week 9 - FITT Principle
- Week 10 - Types of Weight Training
- Week 11- Training Principles
- Week 12 - Creating Your Own Project

Students will be participating in physical activity and content-learning daily.

GENERAL INFORMATION/ EXPECTATIONS

Students will be expected to adhere to all policies, procedures, and rules as outlined in their Grandview High School student handbook.

Students will also be expected to follow the classroom rules and regulations:

- Make Good Decisions
- Be a Problem Solver
- Do your job - Actively participate during the entire class period
- Show Respect - RESPECT YOURSELF, CLASSMATES, TEACHER and EQUIPMENT
- Try your personal best
- ZERO TOLERANCE FOR HARASSMENT (physical, verbal, sexual, emotional)

DRESS CODE

Personal shorts or sweats and t-shirt or sweatshirts. All clothing must be free of zippers and must pass fingertips in length. There are no tank tops or sleeveless shirts permitted at any time. Tennis shoes must be worn and be tied at all times. You are not allowed to wear boots or open toed shoes. We have clothing available for students without.

SAFETY

- Shoes tied at all times
- Stay hydrated
- Report ALL injuries
- Responsible use of equipment in the weight room

MEDICAL EXCUSES

- **A doctor's note is required if a student is injured or sick**. Please have the doctor be as specific as possible concerning modified PE.
- A parent note is good for only 1 day.
- Risks associated with exercise may include fatigue, muscle soreness and cardiovascular strain. If you believe your current physical condition will compromise your ability to participate in this class see your teacher immediately. It is recommended that if your physical status changes (i.e. due to injury, medication, under medical care of a doctor) during the trimester, to advise your teacher.

PROCEDURES

A. EQUIPMENT

- Scholars will be using equipment in the weight room. A contract will be administered and signed by the student and parent/guardian prior to use (safety, responsibility, etc.).

B. MAKE UP WORK FOR ABSENCES

- All work will be posted to canvas - in the case of absences, scholars will need to log onto Canvas to see the content missed, and assignments that need to be completed. Missed fitness days are to be completed following the instructions on Canvas.

C. DUE DATES

- All assignments are due the day they are assigned, unless otherwise instructed. All work from weeks 1-6 will close on October 10th, and weeks 7-12 on November 18th. **No** work will be accepted after those dates.

ASSESSMENT FORMAT

Assessments will be formative and summative as well as performance based. Grades will be centered on participation, preparedness, quizzes, tests, presentations, assignments, and personal fitness journals amongst other methods.

ABSENCE AND TARDY POLICY

- Attendance is Mandatory
- Refer to RCW COVID Guidelines (28A.225)

GRADING POLICY

A student's grade in PE is a combination of the following: (with approximate percentages of total grade)

Psychomotor — 50%	*Active participation (asking/answering questions, discussions, problem-solving, etc.), weekly step tracker, weekly workouts, review games, values content, appropriate etiquette and respectful personal and social behavior. Fitness day rubric: scholars will receive a point for hitting the four following domains: psychomotor, affective, cognitive and professionalism.*
Affective —20%	*Knowledge based, accountable for information presented, terminology, active note takers, KWL Charts strategies, fitness principles, anatomy. Additional rubrics will be given for specific pre/post unit assessments and assignments.*
Cognitive — 30%	*Unit exams, in class quizzes, pop quizzes, kahoots.*

Checking your Scholars grade:

- **To check your scholar's grade, log onto your scholar's skyward account!**
- Check at any time and see your student's current grade and if assignments are missing!
- SKYWARD is the official grade. CANVAS is where grading will take place but then grades will be transferred over to skyward. (Sometimes the percentages are off just a little)
- Please contact me if you have any questions about your scholar's progress!

- Students will have a maximum of five (5) school days beyond the assignment or assessments due date to complete it for a grade. A zero will be placed in the grade book until the work is complete, or until the end of the five days. When the work is complete the grade will be changed to the earned grade.
- In the case of academic dishonesty, our class will follow the rules in the GHS handbook, and students will be referred to the office to receive their consequence.
- Grades will be based on professional judgment. I will use the most appropriate measure of central tendency to determine your grade.

We truly hope to make a positive impact on your child's life! Please keep in touch and feel free to reach out about any questions, comments or concerns you may have throughout this trimester.