

Online Personal Fitness Lee County High School

Objective

To help students gain knowledge of Personal Fitness. To assist students on how to maintain a healthy lifestyle which will incorporate making healthy decisions physically, mentally, and socially.

Grading Criteria-Online

Skill Based Participation 50%

Summative Assessments 50%

The grade is determined by several factors.

- Participation (workout videos posted online or in class)
- Personal Fitness Assignments (illuminate)
- Progress of Fitness Levels (Pre-Fitness Gram/Post), which measures cardiovascular fitness, muscular strength, muscular endurance.

Class Meetings/Attendance/Online

- Google classroom
0 period 36.0510007-1 Google Class Code: pylsc4uq
<https://classroom.google.com/c/Nzg0MjMyNjAzODUz?cjc=pylsc4uq>
- All assignments are on google classroom. Check for assignments every Monday
- 4-5 days to submit all assignments
- Tests/Quizzes/Assignments on illuminate. All assignments MUST be submitted/entered into illuminate or as directions indicate.
****The illuminate window will close at the specified date/time. Once closed, the student must submit the answers to the assignment on paper and then turn in that test to Coach Davis' office. 1 point off per day late
- ****IMPORTANT: after you receive your assignment grade in illuminate. You must snap a picture of the grade in illuminate and post to GC (google classroom) for completion. ***Your name and grade must be visible in the picture that is submitted to google classroom.***
- Online workouts 5 points off per day if late. Face must be shown in video and verbally state "Workout 1" along with showing the #1 physically at the beginning of the video.
FYI: 5 points off per day late procedure is applied ONLY if workouts are 3 or more days late.
Late workouts must be completed at LCHS during the designated class period, before or after school, or make arrangements with Coach Davis & you must complete a summary of the current chapter using the book in google classroom. Every section of the chapter must be summarized.
- Final Exam is on illuminate and mid/post fitness gram completed at school unless specified through google class.
- There will be 2 times that counselors and teacher will communicate concerning a failing grade in OPF. If you are not completing the work, you will be removed from the online class and put in a regular personal fitness class. Don't Mess Up this opportunity!!