Personal Fitness
Lee County High School

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

Grading Criteria-In-Person
Skill Based Participation 80%

- Workouts
- Chapter Review & Assessments (Illuminate)

Dress 10% (includes appropriate shoes…Slides, crocks, house slippers are not acceptable) Tennis shoes ONLY
Fitness Test 10%

- Progress of Fitness Levels (Pre-Fitness Gram/Post), which measures cardiovascular fitness, muscular strength, muscular endurance.

Class Meetings/Attendance/ In Person

- Join google classroom (ox72vobr)
  https://classroom.google.com/c/Nzg0MjM3MTIxNjY2?cjc=ox72vobr

- All assignments are in google classroom.
- Example of class daily structure:
  Mondays: Introduction of chapters & assignments
  Tuesdays: Physical workout
  Wednesdays/Thursdays: Physical workout & Additional Assignments
  Fridays: Chapter Test & any other assignments

- Tests on illuminate. All tests MUST be submitted/entered into illuminate. ****The illuminate window will close at the specified date/time. Once closed, the student must submit the answers to the test on paper, print out the test from illuminate and answer, and then turn in that test at Coach Davis' office. 1 point off per day late
- ****IMPORTANT: after you receive your test grade in illuminate. You must snap a picture of the grade in illuminate and post to GC (google classroom) for completion. If you are absent on a workout day; complete the online workout provided. 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.
- Final Exam is on illuminate and mid/post fitness gram completed at school unless specified through google class.