

NUTRITION AND FITNESS



GRADING: BASED ON 5 POINT SCALE EACH DAY—TO EARN A 5 EACH DAY, YOU MUST:

1. CHANGE CLOTHES, HAVE APPROPRIATE SHOES ON, BE ON TIME, DO THE WARMUPS ON THE BOARD IN MAIN GYM AND THEN COME TO FITNESS CENTER. FOLLOW THE RULES OF CLASS, WORK TO YOUR BEST POTENTIAL
2. ANYTHING LESS YOU WILL RECEIVE A 4 OR LESS PER DAY.....
3. IT IS EXPECTED THAT YOU ARE ACTIVE THE ENTIRE CLASS PERIOD.
4. IF ABSENT FROM CLASS, YOU WILL NEED TO MAKE UP BY THE END OF THE MARKING PERIOD. IF NO MAKE UP, THIS RESULTS IN A ZERO. MUST PASS PHYSICAL EDUCATION IN NYS IN ORDER TO GRADUATE.

RULES:

1. APPROPRIATE LANGUAGE
2. NO PHONE USE—PHONES WILL BE PUT IN BOX AT BEGINNING OF CLASS—IF CAUGHT WITH PHONE, TAKE A ZERO FOR THE DAY AND GO CHANGE YOUR CLOTHES.
3. SNEAKERS ONLY—NO BOOTS, NO HEY DUDES, NO CROCS..... SAFETY NEEDED
4. NO HATS IN CLASS or HOODIES ON DURING CLASS
5. COME TO CLASS ON TIME—5 MINUTES AFTER LAST BELL RINGS....
6. DESIGN AND FOLLOW YOUR PERSONAL FITNESS PLAN AND KEEP TRACK OF IT IN FOLDER
7. SAFETY RULES FOLLOWED....
8. LOCKER ROOM USE IS APPROPRIATE. USE YOUR LOCK AND LOCK ITEMS UP
9. ASK TO USE THE BATHROOM BEFORE LEAVING
10. NO GYM TIME SO NEED TO BE BUSY THE ENTIRE CLASSTIME—WILL NOT BE GOING OUTSIDE OR USING THE GYM AS THERE IS NO SPACE SO MAKE SURE THERE IS ENOUGH TIME BUILT IN TO KEEP YOU ACTIVE.
11. WILL BE DISCUSSING RECIPES ALSO AND POSSIBLE COOKING NUTRITIOUS MEALS—LOW SUGAR, LOW BAD CARBS AS THERE ARE GOOD CARBS