

Cardio Fit

Eagle High School 2018-2019

Coach Dutton

dutton.brittany@westada.org

Instructional Objectives:

By the end of this course you will be able to:

- Demonstrate a knowledge of Cardio Fit
- Employ proper techniques to ensure safety during participation
- Present fundamental skills of each activity
- Participate in various drills designed to improve fitness
- Participate in various tests and assessments to monitor one's progress
- Develop an appreciation for fitness

Expectations:

- Be on time, line up for attendance, dress out promptly, be ready for activity
- Complete any additional assignments or projects
- Be Respectful, Kind and Courteous
- Participate to the best of your ability

Items needed:

- Athletic shorts or pants (must be in dress code)
- Athletic shoes (must tie up and preferably not Vans)
- Water Bottle

• Attire

Work out shorts or sweat pants need to be worn every day. Athletic shoes need to be worn each day. Flip Flops, sandals, boots, etc. will not count towards being dressed out. Please be aware of the weather on the days you have PE. We will be outside most of the time, please come prepared with sweats and jackets.

• Tardy/Dismissal

Students need to be lined up in the gym before the tardy bell rings. Students receive 5-6 minutes to change out after attendance. At the end of class, students are given 5-6 minutes to change back into their school clothes. Students must remain **in the gym** until the bell to dismiss class rings. **DO NOT LEAVE THE GYM AREA UNTIL THE BELL HAS RUNG!** Failure to stay in the gym will result in: **1st Offense:** a total loss of points for the day, **2nd Offense:** total loss of points for the day, **3rd Offense:** total loss of points for the day and sent to VP.

• Gum/Food/Drinks

We want to do our part to keep the gym and all facilities as nice as possible. GUM, FOOD, and DRINKS are **NOT ALLOWED** in the gym at all! Water is acceptable during class as long as it has a screw top lid, and it must be kept on the concrete slab off of the gym floor. Food and drinks should not be in the locker rooms, other than water. Infestations occur when food is present.

• Locker Rooms

A locker will be issued to every student. A combination lock will be provided to secure belongings at all times! Cell phones should not be used in the locker room. **VALUABLES SHOULD BE LOCKED UP OR LEFT IN SCHOOL LOCKER! THEFT IS ALWAYS AN ISSUE, BE CAUTIOUS. EAGLE HIGH SCHOOL IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS**

- **Cell Phones/Ipods/Electronics**

Electronic devices should not be brought to class. PE will follow the same protocol utilizing the V.A.U.L.T. system. Students will use their locker as the V.A.U.L.T. Items should be locked securely in your locker. Any electronic device brought to class will be confiscated. Please see the student handbook for procedures regarding the confiscation of electronic devices.

- **Grading Procedures**

Students will be graded on several different categories. Each category is broken up by a daily point value, but also has an overall weighted percentage of the student's final grade. We have attached a chart of the breakdown of each point value. Remember, we are not looking for perfection; we are looking for students to give their best.

Category & Percentage	Description
Participation – 40%	Attendance - 2pts. daily Participation - 8 pts. daily
Dressing Out – 40%	athletic shirt, shorts & shoes – 3 pts. Daily (1 point for each item)
Final Exam – 20%	

The next chart provides the rubric by which students will be graded on participation. Keep in mind these values represent a daily point value which will be incorporated into the participation percentage of the final grade.

Participation	2 points	1 - 0
Instructions	Student follows teacher's instructions.	Student doesn't follow instructions.
Cooperation	Student is on task & cooperative.	Student acts inappropriately; or is distracting to self or others
Motivation	Student shows great effort & motivation in class & goes all out.	Student shows no effort or motivation.
Independence	Can work independent on tasks or games	Needs teacher correction to participate.

All grades will be posted on the school's online gradebook weekly to the best of the teacher's ability.

- **No Dress**

Anytime a student is not dressed out, he/she will be deducted 3 points from his or her dressing out points. Keep in mind dressing out accounts for 40% of the grade. This deduction can have a BIG impact on one's grade. **NO DRESSES CANNOT BE MADE UP!**

- **Injuries/illness**

Injuries and illness are always an issue within PE. Anytime an injury is sustained during class, a coach should be notified immediately, and the student will be sent to the nurse for further evaluation. **Written notes from parents excusing their child from PE will only be accepted for ONE (1) class period.** Any illness/injury needing more than one day needs to be seen by a Dr. and a hard copy note should accompany the student the next day. An alternate daily assignment may be given. **STUDENTS MUST DRESS OUT EVEN IF THEY ARE SICK OR INJURED!**

Extended injuries will be given an alternate assignment as determined by the teacher. Students need to communicate with their teacher throughout the duration of the injury to keep all parties safe and accountable.

- **Absences**

The assignment is as follows: Students will be required to read a sports related article from a credible source. (If you were absent for a school activity you may write about what you did). The student must then write a summary (at least 7 sentences) about the article. The summary must be HANDWRITTEN, and the ARTICLE MUST BE CUT OUT OR PRINTED OFF. Students need to submit the make-up article summary the next class period. For example, if you are absent from class on Monday, the article and summary must be submitted on Wednesday. For each day absent a student has one summary and article to complete. If a student is absent for more than one day, they will receive one additional day to complete the assignment. Please know that student's grades will be deducted for absent points until the make-up work is turned in.

- **Late Work**

If a student does not bring the assignment the following class period, they are given one additional class period to turn the assignment in. However, the assignment will receive a 50% deduction in points. If a student fails to turn in the assignment by the extra day the assignment will no longer be accepted for credit.

I _____ (print Students Name) have read and understand the rules, regulations, and procedures for Physical Education Co-Ed.

Coach's Name _____ Class Period _____

Student Signature _____ Date _____

Parent Signature _____ Date _____