

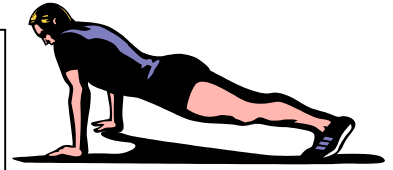
FLEX & FIT

2012-2013

PE Instructors

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Class Expectations

DRESS & PARTICIPATE EVERYDAY-SITTING OUT IS NOT AN OPTION

- 🏆 Participate to the best of your ability, be prepared for class
- 🏆 Have the required materials each day for class
 - PE Clothes
 - Tennis Shoes
 - Flex & Fit Notebook (this will be provided for you)
 - Writing Utensil (this will be provided for you)
- 🏆 Complete required assignments, fitness activities, and workouts
- 🏆 Keep a journal of fitness record, exercise, fitness testing, and vocabulary
- 🏆 Dress in appropriate clothing for physical education activities
- 🏆 Cooperate and respect yourself, classmates, and instructors
- 🏆 Try!! You are expected to try your best everyday!!

Attendance and Tardies

- 🚲 **MUST BE IN THE GYM or PE LOCKER ROOM WHEN THE BELL RINGS OR YOU ARE TARDY, you have 4 minutes to change and be seated in your rows in the gym.**
- 🚲 You will be considered tardy to PE if you are not in the gym/locker room when the bell rings or if you are not seated in your designated seat in your rows after 4 minutes when we take attendance.
- 🚲 At the end of class you need to remain **IN THE GYM OR LOCKER ROOMS** until the bell rings, if you leave the area before the bell rings you will be counted absent for the entire class period.
- 🚲 If you are gone for any reason other than a school sponsored activity (In-school suspension is NOT a school sponsored activity) you will need to take advantage of the make-up opportunities.
- 🚲 Excused absences will include: school activity, hospitalization (documentation is required), court appointment, or funeral. All other absences **MUST** be made up.
- 🚲 If you are gone from class, **YOU ARE EXPECTED TO MAKE UP YOUR WORK.** Excused absences will need to be made up.



Locker Rooms

- 🔊 **YOU MUST USE THE PE LOCKER ROOMS to change for class**
- 🔊 **There will be NO ACCESS to the athletic locker rooms from 7:45 a.m. until 2:35 p.m. It is your responsibility to get your things before or after school.**
- 🔊 Use the PE locker rooms to change for class (**YOU MAY NOT** dress in the gym, restrooms, or hallway).
- 🔊 You **MUST** provide a Padlock Lock for Gym Locker (This is a required expectation)
- 🔊 **LOCK UP YOUR STUFF** or it will disappear
- 🔊 EAST HIGH IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS
- 🔊 CELL PHONES AND CAMERA USAGE IS PROHIBITED IN THE LOCKER ROOMS AT ALL TIMES!!

Dressing For PE Requirements

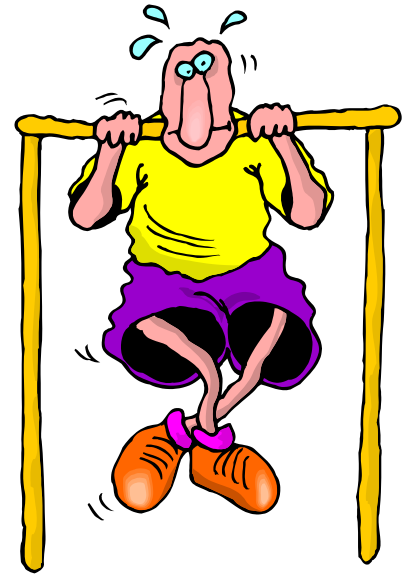
- 🔊 **YOU ARE EXPECTED TO BE CHANGE YOUR CLOTHES AND BE DRESSED EVERYDAY FOR PE.** Sitting out is NOT an option.
- 🔊 You must use the PE locker rooms to change clothes for class; you are not to change in the gym/hallways.
- 🔊 You need to keep your clothes in a locker in the PE locker room. The athletic locker rooms will be locked during the school day. There will be no access to the athletic locker rooms during the school day.
- 🔊 You may bring personal hygiene items for after class (i.e. deodorant, cologne, and perfume) **NO GLASS BOTTLES** please.
- 🔊 Change your clothes—**BOTH SHIRT AND SHORTS/PANTS** (no credit for wearing the same clothes you wear to school) (See Below for acceptable clothing)
- 🔊 Appropriate attire - clean and acceptable and shorts/pants **MUST MEET SCHOOL DRESS CODE** (No tank tops/cut off shirts/undershirts)
- 🔊 Clothes must be appropriate for activity and you must be covered from shoulder to knee
- 🔊 **TENNIS SHOES ARE REQUIRED** - NO FLIP FLOPS, SLIPPERS, BOOTS, HOUSE SHOES, MOCCASINS, or SANDALS will be allowed for class. You **MUST** wear shoes for class, tennis shoes need to be appropriate for the gym floor (no black or rubber soled shoes, no backless tennis shoes), shoes must be properly laced and tied. Inappropriate shoes will result in loss of points and activity based detention.
- 🔊 **NO COATS OR JACKETS DURING CLASS.** Athletic sweat shirts or fleece are acceptable.

Shirts/Tops:

- T-shirts, sweatshirts, dry-fit tops are acceptable
- Shirts may not be cut up
- No tank tops, undershirts, or sleeveless shirts
- All cleavage and bras must be covered
- Cannot be what you wore to school

Shorts/Pants:

- Shorts, Capri workout pants, warm up pants, or sweat pants are acceptable
- Shorts must be knee length or longer
- Pants/shorts must be pulled up
- No undergarments may be showing
- Cannot be what you wore to school



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P YOUR ABSENCES!!!

MAKE-UPS

You will have 12 make-up opportunities during the semester

MAKE UP DAYS: You will receive 1 day of participation points for a make-up and also receive 1 day of participation points for that day of PE; if you are not passing on a make-up day, you will do a make-up or you will receive 0 points for the day. You have 4 school days to complete a make-up after an absence. If you are failing on a make-up day you are EXPECTED to complete a make-up to get credit for activity that day.

You have 1 choice for Make-Up.

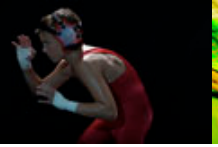
You can make up during in-class opportunities

Make up will be 30 MINUTES IN YOUR TARGET HEART RATE ZONE WHILE PARTICIPATING IN A CARDIO ACTIVITY SUCH AS WALKING, JOGGING, OR RUNNING. YOU MUST BE IN YOUR TARGET HEART RATE ZONE FOR 30 MINUTES DURING THE CLASS PERIOD TO RECEIVE CREDIT.

Target Heart Rate is 130-180 bpm, monitored with Polar Heart Rate Monitor
If you ARE NOT IN YOUR TARGET HEART RATE ZONE FOR 30 minutes, you get no

Classroom Rules

- × NO PURSES OR BAGS in the gym. Lock them in your PE Locker.
- × NO COATS OR JACKETS DURING CLASS. ATHLETIC SWEATSHIRTS OR FLEECE ONLY.
- × NO CELL PHONES OR PERSONAL LISTENING DEVICES DURING FLEX & FIT. LOCK THEM UP. ANY ITEMS OUT DURING CLASS WILL BE CONFISCATED AND TURNED INTO THE OFFICE.
- × There will be no passes to the restroom during class. Use the restroom before class starts.
- × Be On Time, YOU MUST BE IN THE GYM BY THE TIME THE BELL RINGS OR YOU ARE TARDY
- × You need to be sitting in your assigned seat for attendance
- × Change Into PE Clothes (No Tank Tops, Undershirts, or Cut off T-Shirts)
- × Meet the expectations for classes
- × No Undergarments Will Be Showing (No Underwear, Boxers, Bra Straps)



Activities for Flex & Fit:

- Circuit Training
- Cardio Kickboxing
- Fitness Testing (1 day/week)
- Aerobics
- Jogging
- Weight Lifting (Arm/Core)
- Vocabulary (Daily)
- Quiz (1 time/week)
- Anatomy (Daily as part of Vocabulary)
- Exercise Journal (Daily)



Daily Points for Pass/Fail Grading

- ✂ Activity quiz
 - ✂ Fitness Testing, Journal, Goal Setting, and Reflection Paper
 - ✂ Inappropriate Shoes, Not Dressed, Gum/Food/Drink, Swearing = Automatic loss of 5 points for each occurrence
 - ✂ Tardy = Loss of 3 points
 - ✂ Your grade is based on a combination of the following Standards for PE (See PE Standards Matrix):
 - ❖ Standard 1: Skills (10%)
 - ❖ Standard 2: Knowledge (20%) (Weekly/Unit written quiz and written semester test)
 - ❖ Standard 3: Daily Physical Activity (40%)
 - ❖ Standard 4: Personal and Social Responsibility (20%)
 - ❖ Standard 5: Fitness Reflection/Goal Setting/Journal (10%)
 - ❖ Meeting the Objectives for each day
- WCSD Standard: To pass physical education you must participate and pass with at

Flex and Fit is a fitness based class designed for individuals who are interested in activities that will lead to a healthy active lifestyle. The focus of this class is activities that will enhance physical fitness, tone muscles, increase flexibility, improve cardio endurance, learn muscles utilized during exercise, learn ways to include exercise as a part of a healthy lifestyle, and plan a personal exercise program. Students will be expected to participate in daily physical activities, complete written assignments, keep a journal of exercise program, record fitness scores, and show improvements in fitness scores over the semester.

Flex & Fit Expectations

You are:

- Expected to follow the fitness program designed by your instructor.
- Design a personal fitness program
- Keep a Journal that includes, but not limited to: vocabulary, exercise charts, writing assignments and activities, articles, fitness scores, and weekly cardio activity.
- Complete weekly fitness testing
- Expected to clean up the weight room/class equipment after you are finished. No one will be excused to the locker room until ALL the equipment is returned to its proper place and wiped off.
- Expected to participate in all exercises and activities in class.
- Going to learn various exercise/fitness activities and complete them in class.
- Learn anatomy related to exercise and apply it during activity.
- To complete any make up work before or after school. You will not have in class time for make-up.
- Additional help is available after school or arrangements can be made with the instructor.

Polar® Heart Rate Monitors and Watches:

- Each student will wear a Polar® Heart Rate Monitor/Watch during all physical education classes.
- You are responsible for the watch and monitor you are assigned during class.
- If you break, damage, lose, or destroy the Polar® Heart Rate Monitor/Watch you will be charged the replacement cost of the watch (\$300 per watch/monitor)

You will be given a heart rate strap at the beginning of the semester; you are responsible for this strap for your ENTIRE high school career. If you lose, forget, or misplace your strap, you will be issued an additional one at the cost of \$5.00 per strap.

PE Standard Matrix

Adopted from the National Standards for Physical Education

Developed by the National Association for Sport and Physical Education (NASPE)

	Standard	% of Total Grade	Master/Exceeds Expectations	Proficient/Meet Expectations	Competent/Satisfactory	Developing/Needs Improvement	Unacceptable	
1	<ul style="list-style-type: none"> Skills Demonstrates competency in many movement forms and proficiency in a few movement forms 	10%	+ Able to complete games or activities + Follows all rules for the games or activities	+ Attempts to the best of ability + Follows all the rules for the games or activities	+ Makes an effort at skills + Does not follow the rules for the games or activities	+ Does not make an effort + Does not follow the rules for the games or activities	+ Refuses to try + Does not follow the rules for the games or activities	+ Absent + No Effort + Does Not Participate
2	<ul style="list-style-type: none"> Knowledge Applies movement concepts and principles to the learning and development of motor skills 	20%	+ Applies knowledge during activity + Earns 5/5 on Weekly Quiz	+ Applies knowledge during activity + Earns 4/5 on Weekly Quiz	+ Applies knowledge during activity + Earns 3/5 on Weekly Quiz *Will need additional instruction	+ Does not apply knowledge during activity + Earns 2/5 on Weekly Quiz *Will need additional instruction	+ Does not apply knowledge during activity + Earns 1/5 on Weekly Quiz *Will need additional instruction	+ Absent + Earns 0/5 on Weekly /Unit Quiz
3	<ul style="list-style-type: none"> Daily Physical Activity Exhibits a physically active lifestyle Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction 	40%	+ Dressed for PE + Within THR for 21+ minutes + Positive effort during activity + Participated to best of ability (Try!!)	+ Dressed for PE + Within THR for 18-20 minutes + Positive effort during activity + Made some effort during activity, but not best effort	+ Not Dressed for PE + Within THR for 14-17 minutes + Did not give an effort during activity	+ Not Dressed for PE + Within THR for 11-13 minutes + Did not give an effort during activity	+ Not Dressed for PE + Within THR less than 10 minutes + Did not give an effort during activity	+ Absent + Does Not Participate
4	<ul style="list-style-type: none"> Personal and Social Responsibility Demonstrates responsible personal and social behavior in physical activity setting Demonstrates understanding and respect for differences among people in physical activity settings 	20%	+ Follow <u>All</u> the directions and classroom rules for PE + Shows standards of respect and get along with classmates and staff based on PRIDE standards + On time for class	+ Does not follow directions and classroom rules for PE + Shows standards of respect and get along with classmates and staff based on PRIDE standards in 4 out of 5 categories + Tardy to class	+ Does not follow directions and classroom rules for PE + Shows standards of respect and get along with classmates and staff based on PRIDE standards in 3 out of 5 categories + Tardy to class	+ Does not follow directions and classroom rules for PE + Shows standards of respect and get along with classmates and staff based on PRIDE standards in 2 out of 5 categories + Tardy to class	+ Does not follow directions and classroom rules for PE + Shows standards of respect and get along with classmates and staff based on PRIDE standards in less than 2 categories + Tardy to class	+ Absent + Removed from Activity or class
5	<ul style="list-style-type: none"> Fitness Reflection/Goal Setting Achieves and maintains a health-enhancing level of physical fitness Journal 	10%	+ Completes all Weekly Fitness Tests + Sets at least 3 fitness goals + Makes progress towards all goals + Includes all vocabulary + All worksheets and assignments included	+ Completes all but 1 Weekly Fitness Tests + Sets at least 2 fitness goals + Makes progress towards all goals + Includes vocabulary, worksheets and assignments included	+ Completes all but 2 Weekly Fitness Tests + Sets at least 2 fitness goals + Makes progress towards all goals Includes all vocabulary, worksheets and assignments included	+ Completes all but 3 Weekly Fitness Tests + Sets at least 2 fitness goals + Makes progress towards at least 1 goal + Includes all vocabulary, worksheets and assignments included	+ Completes all but 4 Weekly Fitness Tests + Sets at least 1 fitness goals + Does not make progress towards goal	+ Does not Complete any Pre/Post Fitness Tests + Does not set any fitness goals + Does not make any progress

FLEX & FIT

2012-2013

Parent Signature Sheet

_____	Class Period _____
Student Name (Please Print)	

We feel it is important for parents or guardians to know and understand the rules and expectations of high school PE. Please read through the rules and expectations, sign the bottom, and return by Friday.

I have read and understand the rules and expectation for Physical Education at East High School.

Parent/Guardian Name (Please Print)

Date

Parent Signature

Daytime Phone

E-Mail

Best Time to Contact

If you have questions please contact the East High Physical Education Department.

Joanna Rahnavardi

Department Head

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