

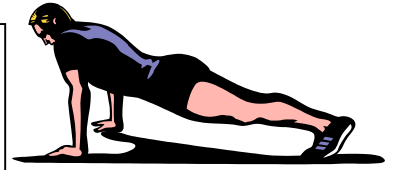
STRENGTH & CONDITIONING

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
 - Strength & Conditioning Notebook (provided to you, must be kept in weight room)
 - Writing Utensil (provided to you, must be kept in weight room)
- 🏆 Complete required assignments, lifting activities, and workouts
- 🏆 Keep a journal of lifting record, exercise, max lifts, 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!! You are expected to complete ALL workouts as assigned.

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

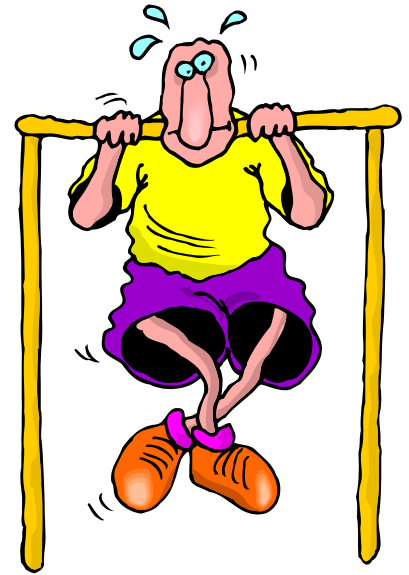
- 🔊 **YOU MUST USE THE PE LOCKER ROOMS to change for class**
- 🔊 **There will be NO ACCESS to the athletic locker rooms from 7:45 a.m. until 2:35 p.m. It is your responsibility to get your things before or after school.**
- 🔊 Use the PE locker rooms to change for class (**YOU MAY NOT** dress in the gym, 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. You have 4 school days to complete a make-up after an absence. It is YOUR responsibility to set up a time to make up you missing workouts.

You have 1 choice for Make-Up.

You can make up during in-class opportunities

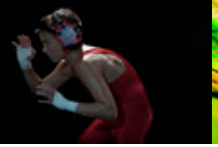
Make up will be **30 MINUTES IN YOUR TARGET HEART RATE ZONE** WHILE PARTICIPATING IN A CARDIO ACTIVITY SUCH JOGGING OR RUNNING.

Target Heart Rate during cardio is 130-180 bmp, monitored with Polar Heart Rate Monitor

The cardio workout must both be completed to receive make up credit
~~You will only have a TOTAL of 12 makes up for the entire semester~~

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 STRENGTH & CONDITIONING. 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
- × Swearing will not be tolerated at any time during PE classes.
- × Change Into PE Clothes (No Tank Tops, Undershirts, or Cut off T-Shirts)
- × *Meet the expectations for classes*



Activities for Strength & Conditioning:

- Weight Lifting (4 days/week)
- Agility Training (1 time/week)
- Fitness Testing (1 day/week)
- Running (4 days/week)
- Vocabulary (Daily)
- Quiz (1 time/week)
- Anatomy (Daily as part of Vocabulary)
- Exercise Journal (Daily)



Daily Points for Pass/Fail Grading

- ✂ Activity/Content 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

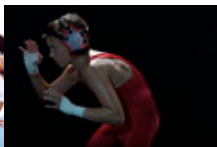
WCSD Standard: To pass physical education you must participate and pass with at

Strength & Conditioning is a class designed to develop and enhance weight lifting techniques, improve or maintain strength, demonstrate proper lifting techniques, and improve cardiovascular endurance. Students will learn proper lifting techniques, apply those techniques in the weight room, complete a weight lifting program designed by the instructor, and design and complete a personal weight lifting program. Students will also learn about muscles utilized as a part of weight lifting, keep a journal, and apply muscles and weight lifting knowledge during written and physical activities in class. Students are expected to complete all required work for this course.

Strength & Conditioning Expectations

You are:

- Expected to follow the weight lifting program designed by your instructor. If you have a program from a coach, it needs to be discussed with your instructor.
- Design a personal weight lifting program
- Keep a Journal that includes, but not limited to: vocabulary, weight lifting charts, writing assignments and activities, articles, max lift records, and weekly cardio activity.
- Complete weekly fitness testing and monthly max lifting
- Expected to clean up the weight room 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 agility and conditioning exercises.
- Going to learn all the different lifts and follow a set lifting program for the semester.
- Learn anatomy related to weight lifting 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.



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

STRENGTH & CONDITIONING

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.

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