

## PHYSICAL EDUCATION – FIT FOR LIFE

TEACHER: Ms. Lahti  
PREREQUISITE: P.E. Basics

**DESCRIPTION:** This class is designed to help you understand and work on your personal fitness strengths, weaknesses and needs through a variety of activities in a fun and supportive environment. You will evaluate your weekly activity based upon the F.I.T.T. principle and make adjustments. Activities take advantage of most of the physical education facilities. Students will participate in sport, lifetime and fitness activities. This class is geared toward personalizing activity levels for a lifetime of positive participation.

**GRADING: Daily Participation: 5 points per day.** Class activity must be performed at the individual's top level of performance. Non-suited days are loss of credit for the day and cannot be made up. While P.E. has no "uniform," the requirements are tennis shoes, athletic type shorts or sweats, tee shirt (void of inappropriate messages and no tanks) and a lock. Hats are not allowed indoors. Please use the drinking fountains, food, drink and gum are not allowed in class.

100% - 95%	= A	85.9% - 84%	= C+
94.9% - 93%	= A-	83.9% - 81%	= C
92.9% - 91%	= B+	80.9% - 77%	= C-
90.9% - 88%	= B	76.9% - 70%	= D
87.9% - 86%	= B-	Below 70%	= F

Midterm = All students are expected to pass this performance task. Students not participating, or participating at an inadequate level could lose up to 100 participation points. For most students this grade is reflected as not counted in Skyward as they participate very well. This is a fun day called "Student Personal Trainer Day." Students are in a group of 2 or 3 and invite one adult per group to come to the weight room to be "trained" for a period.

In addition to daily participation, some written assessments are: tracking and evaluating performances on a log and/or journal, personal fitness assessments, developing your fitness plan, completing homework, class assignments and passing the final exam

**PROTECT YOUR BELONGINGS:** Please, do not bring valuables to the locker rooms, as security cannot be guaranteed. You are required to bring a lock from home to further secure possessions. Never leave belongings unlocked. Do not bring backpacks to class (lock them up). Personal electronic devices are not allowed in class. All belongings must be removed from P.E. lockers at the end of every semester. Remaining items could end up in lost and found and then donated to charity. Locks left on lockers will be cut off.

**HOMEWORK and MAKE-UP POLICY:** A total of eight excused absences per semester may be made up within two weeks of returning to class to regain the missed participation points. Make ups are one hour of physical recreational activity per absence documented with a parent or guardian signature. These eight hours can be made up before an absence. This would be like putting a deposit in a bank. Late written assignments, journals or logs are not accepted. If a student is absent, written work is due the day of their return unless it was assigned while they were absent.

### STUDENT OUTCOMES:

- The student will be able to design and follow a personal fitness plan based upon his/her personal fitness levels as they relate to health related standards.
- The student will be able to use the F.I.T.T. principle.
- The student will have a basic knowledge of how the body responds to exercise.
- The student will be able to evaluate and follow a weight training program.
- The student will be able to recognize good and poor technique in a variety of activities and properly encourage and correct others.
- The student will have the knowledge and skill to safely use and care for a wide variety of physical education and fitness equipment.
- The student will contribute to a positive and safe atmosphere and environment where all students are comfortable while participating in physical activities.

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