

**School Year: 2021-22**

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| **Course Name** | Personal Fitness | **Course Code** | 36.0510000-4, 36.0510000-6 |
| **School Name** | LAKESIDE | **Teacher Name** | Bradley Morris |
| **School Phone Number** | 678-874-6702 | **Teacher Email** | bmorrishealth101@gmail.comOr bradley\_morris@dekalbschoolsga.org |
| **School Website** | Lakesidehs.dekalb.k12.ga.us | **Teacher Website** | <http://bmorris0409.weebly.com/> |

**Course Description –** The purpose of the physical fitness unit is to have students become informed, independent decision makers capable of planning for enjoyable lifetime fitness and physical activity while at the same time achieving personal fitness and activity goals for the present. This course is designed to give students the opportunity to learn through a comprehensive sequentially planned Physical Education program aligned with Georgia Performance Standards. Students will be empowered to make choices, meet challenges and develop positive behaviors in fitness, wellness and movement activity for a lifetime. Emphasis is placed on students analyzing skills for effective movement. Units of instruction include: fitness concepts and techniques, cardiorespiratory endurance training and nutrition. There is a written component of this course.

**Curriculum Overview**

The following academic concepts will be covered.

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| **CURRICULUM OVERVIEW— Weight Training** |
| Unit 1 – Safety and Practice |
| Unit 2 – Health Related Fitness |
| Unit 3 – Skill Related Fitness |
| Unit 4 – Principles of Training  |
| Unit 5 - Fitness |

**BOARD-APPROVED INSTRUCTIONAL MATERIALS**

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| Title |   |
| ISBN |  |
| Replacement Cost |  |
| Online book and/or resources | Verge, Teams, Microsoft One Note |
| Online student access code (school specific) |  |

**GRADING SYSTEM:** The DeKalb County School District believes that the most important assessment of student learning shall be conducted by the teachers as they observe and evaluate students in the context of ongoing classroom instruction. A variety of approaches, methodologies, and resources shall be used to deliver educational services and to maximize each student’s opportunity to succeed. Teachers shall evaluate student progress, report grades that represent the student’s academic achievement, and communicate official academic progress to students and parents in a timely manner through the electronic grading portal. **See Board Policy IHA**.

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| **GRADING CATEGORIES** | **\*GRADE PROTOCOL** |
| **Formative and Diagnostic Assessments – 0%****Assessment Tasks (Skills & Homework) – 25%****Classwork (Guided, Independent, and Group Practice) – 45%****Quizzes, Tests, and Projects – 30%** | **A** 90 – 100 ~**P** (pass)**B** 80 – 89 ~**F** (fail) **C** 71 – 79 **D** 70 **F** Below 70 |

**Notes:**

**\***English Learners (ELs) must not receive numerical or letter grades for the core content areas in elementary and middle school during their first year of language development. A grade of CS or CU must be assigned. This rule may be extended beyond the first year with approval from the EL Studies Program. English Learners must receive a grade for ESOL courses.

~Elementary schools will utilize P (pass) and F (fail) in Health/Physical Education, Music, World Languages, Visual Arts and Performing Arts.

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| **DISTRICT EXPECTATIONS FOR SUCCESS** |
| **STUDENT PROGRESS** | Semester progress reports shall be issued four and a half, nine and thirteen and a half weeks into each semester.  The progress of students shall be evaluated frequently and plans shall be generated to remediate deficiencies as they are discovered. Plans shall include appropriate interventions designed to meet the needs of the students. **See Board Policy IH.** |
| **ACADEMIC INTEGRITY** | Students will not engage in an act of academic dishonesty including, but not limited to, cheating, providing false information, falsifying school records, forging signatures, or using an unauthorized computer user ID or password. **See the Code of Student Conduct - Student Rights and Responsibilities and Character Development Handbook.** |
| **HOMEWORK** | Homework assignments should be meaningful and should be an application or adaptation of a classroom experience.  Homework is at all times an extension of the teaching/learning experience.  It should be considered the possession of the student and should be collected, evaluated and returned to the students. **See Board Policy IHB.** |
| **MAKE-UP WORK** **DUE TO ABSENCES** | When a student is absent because of a legal reason as defined by Georgia law or when the absence is apparently beyond the control of the student, the student shall be given an opportunity to earn grade(s) for those days absent. Make-up work must be completed within the designated time allotted. **See Board Policy IHEA.** |
| **SCHOOL EXPECTATIONS FOR SUCCESS** |
| **CLASSROOM EXPECTATIONS** | Students should be able to properly attempt to demonstrate various lifts or movements through video clips to be submitted. |
| **MATERIALS AND SUPPLIES** | Computer and Internet access |
| **EXTRA HELP** | Office Hours are Monday-Fridays 3:15pm to 3:45 pm ( BY Appointment Only) You can contact via email with any questions or concerns: bradley\_morris@dekalbschoolsga.org or bmorrishealth101@gmail.com |
| **PARENTS AS PARTNERS** |  |

# PLEASE SIGN BELOW AND RETURN.

I have read the syllabus.

Student Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Additional information to support continued contact:

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| **Information** | **Parent/Guardian** |
| **Day Time Phone Number** |  |
| **Cellular Phone Number** |  |
| **Home Phone Number** |  |
| **Email Address** |  |