

# MARBURY HIGH SCHOOL

## Kinesiology Welcome Letter

Dear students, Welcome to the course of Kinesiology.

Our objective is for you to develop an appreciation towards lifetime physical activity.

After completing this course our goals are that students will be able to:

1. Demonstrate competency/proficiency in a variety of movement forms.
2. Apply movement concepts to the development of motor skills.
3. Achieve/maintain a health-enhancing level of physical fitness.
4. Demonstrate responsible personal and social behavior.
5. Understand and respect individual differences.
6. Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

The course is designed to engage students in a variety of individual and team movement activities that range from the traditional basketball/volleyball/softball to more modern areas such as ultimate frisbee/badminton. We will also discuss a variety of lifetime activities such as golf/tennis/horseshoes/cornhole which can be played with family members in the community regardless of age, gender, ethnicity, and/or skill level.

The curriculum content activities include:

<b>FIRST SEMESTER</b>
WEEK 1 - 8/10-12 (INTRODUCTION-LINES-DAILY STRETCHES)
WEEK 2 - 8/15-19 (DAILY STRETCHES-STRENGTH & CONDITIONING)
WEEK 3&4 - 8/22-9/2 (INTRO TO VOLLEYBALL-TEAM-PLAY)
WEEK 4&5 - 9/6-16 (INTRO TO BASKETBALL-TEAM-PLAY-FITT EXAM)
WEEK 6&7 - 9/19-30 (INTRO TO PICKLEBALL-SMALL GAMES-KAN JAM-BADMINTON)
WEEK 8 - 10/3-7 (ALABAMA PHYSICAL FITNESS EXAM)
WEEK 9 - 10/11-14 (STRETCHES-REVIEW)
WEEK 10&11 - 10/17-28 (INTRO TO WIFFLE BALL-TEAM-PLAY)
WEEK 12&13 - 10/31-11/10 (INTRO TO FLAG FB-TEAM-PLAY)
WEEK 14 - 11/14-18 (ULTIMATE-SMALL GAMES-CARDIO)
WEEK 15&16 - 11/28-12/9 (GROUP PROJECTS)
WEEK 17 - 12/12-16 (GROUP PROJECTS-FITNESS EXAM)

Students will be required to dress appropriately, and participate everyday.

Appropriate dress, rules and grading: Colors to wear (Blue, Black, White, Gray)

1. No Gum
2. No Cell Phones (Don't ask to charge your phone in the gym)
3. Colors to wear (Blue, Black, White, Gray)
4. Athletic shorts (dress code appropriate)
5. T-Shirt (no offensive writing or pictures)
6. Socks
7. Athletic shoes (NO Crocs, Converse, Birkenstocks)
8. 20 points per day (Dress Out "Minor" / Participation "Major")

## CONTACT INFORMATION

Location: Gym/Weight Room/Field of Concentration (Baseball, Softball)

Email: [jason.easterling@acboe.net](mailto:jason.easterling@acboe.net)

[reginald.brown@acboe.net](mailto:reginald.brown@acboe.net)

School Address: 2360 US-31, Deatsville, AL. 36022

School Phone: (334) 387-1910

Office Hours: By Appointment

PARENT SIGNATURE:

---

STUDENT SIGNATURE:

---