

DALE COUNTY HIGH SCHOOL PHYSICAL EDUCATION DEPARTMENT

Lifelong Individualized Fitness Education (LIFE) Plan

SYLLABUS & RULES & PROCEDURES

INSTRUCTOR: Nicole Dutton

DALE COUNTY HIGH PE DEPARTMENT DAILY CLASSROOM PROCEDURES

1. Students must report to his/her PE teacher in the designated area of the gym before the tardy bell rings.
2. After attendance is checked, students will be given 5 minutes to dress out; students not dressing out should remain in the designated area during this time.
3. At the end of the allotted dressing time locker rooms will be locked and no student will be allowed back in until the end of class.

****Students should be reminded that this is the time to use the**

restroom.

4. All classes will merge for the common planned activity. Students will go through a rotation of stations with a PE instructor at each station.
5. Students will be given 5 minutes to dress in at the end of class.
6. All students will remain in the gym until the bell rings and they are dismissed.

DALE COUNTY HIGH SCHOOL PE DEPARTMENT:

Lifelong Individualized Fitness Education (LIFE) Plan

SYLLABUS, PACING GUIDE, ALABAMA COURSE OF STUDY OBJECTIVES, RULES & PROCEDURES

INSTRUCTOR: Nicole Dutton

COURSE DESCRIPTION: Lifelong Individualized Fitness Education (LIFE)

The goal of the LIFE course is for students to make physical activity a part of their lives beyond high school. The focus of the LIFE course is health-enhancing activities. LIFE provides a blueprint for a lifetime of healthy living. Through the LIFE course, students learn to apply various aspects of fitness to assess their own fitness levels. Students are required to develop and maintain an individualized level of fitness that forms the foundation for a healthy future.

LIFE capitalizes on the high school students' increased ability to accept responsibility for their own actions. High school students experience significant physical and emotional growth and development. They also assume more complex responsibilities such as employment and making career choices. LIFE reinforces what has been learned in K-8 and provides students with the knowledge and ability to construct and implement a lifelong plan for physical activity.

MATERIALS: Crewneck T-shirt and/or sweatshirt (NO HOODIES) Gym shorts and/or athletic pants

Socks, tennis or running shoes - PREFERABLY WHITE BOTTOM

CLASSROOM MANAGEMENT PLAN: Students are expected to:

-be on time.

- meet his/her teacher in the designated section of the gym for attendance documentation. -dress out and participate each day.

-take good care of equipment and locker room facilities.

-be respectful of the instructor, substitute teacher and other class members.

-have a positive attitude.

-exemplify sportsmanship.

-use appropriate language (No Profanity).

-follow directions.

-always remain with his/her class.

-abide by all DCHS student handbook & DCHS Code of Conduct rules.

PARTICIPATION: Any student well enough to be at school will be considered well enough to dress out and participate in class. Exceptions to this will be handled on an individual basis.

GRADING SYSTEM: Grades will be determined by a daily point system with points being earned for participation, skills tests, strength training and cardiovascular fitness improvements, attitude, sportsmanship and work ethic.

LOCKERS / LOCKER ROOM: A locker will be provided for each student. Students should lock ALL belongings in the locker during class. No students will be allowed back into the locker room without permission.

DALE COUNTY HIGH PE DEPARTMENT GRADING SYSTEM, DAILY RULES & LOCKERS

GRADING SYSTEM: Students will receive 1 grade per week based on participation. Students will also receive grades for various written tests.

Students will also take a 9 weeks, mid-term and final exam.

DAILY PARTICIPATION POINTS: 0-20 points will be earned daily determined by the following:

20 points- Full participation to the best of his/her ability. Shows good sportsmanship.

Follow directions & class rules.

Treats facilities & equipment with care.

16 points- Performs an unsafe act. Shows poor sportsmanship.

Uses profanity.

Puts others down.

Breaks rules or expectations intentionally. Argues with others.

Is tardy to class.

12 points- Reduced effort during participation. Participates without dressing out.

0 points- Unexcused absence. Insubordinate.

Fighting.

Destruction of property. Failure to participate.

GYM / WEIGHT ROOM / PE RULES:

Students are expected to:

1- be on time.

2- meet his/her teacher in the designated section of the gym for attendance documentation.

3- dress out and participate each day.

4- take good care of equipment and locker room facilities.

5- be respectful of the instructor, substitute teacher and other class members.

6- have a positive attitude.

7- exemplify sportsmanship.

8- use appropriate language (No Profanity).

9- follow directions.

10- always remain with his/her class.

11- abide by all DCHS student handbooks & DCHS Code of Conduct rules.

LOCKERS: THE DCHS PE DEPT. IS NOT RESPONSIBLE FOR LOST OR STOLEN BELONGINGS.

- A locker will be provided for each student; students need to bring their own lock.
- **ALL** belongings should be locked inside the student's locker during class.
- Students will not be allowed into locker rooms without permission.
- **Valuables (jewelry, purses, wallets, phones, electronics, etc.) must be locked in locker during class. Leaving valuables lying around is inviting theft.**

I have read and understand the DCHS PE grading system, daily rules and locker procedures.

Student signature: _____ Date: _____

Parent Signature: _____ Date: _____