

# OHHS Physical Education Department

## Course Syllabus



**Course Name: Lifetime Fitness**  
**Course Code: PEF110**

### **Course Description:**

This course will develop skills and knowledge of games, recreational, and leisure sports and activities. Students will acquire skills and knowledge that can be used in their recreational and leisure activities that will assist in the development of their fitness plans. Team, dual, and individual sports/activities are emphasized, while developing sound physical, mental, and emotional fitness habits. A variety of sports/activities will be available.

State and National Fitness and conditioning activities will also be assessed.

### **Prerequisites**

Completion of Foundations of Physical Education or permission.

### **Course Resources**

Students Provide:

Folder

Pencil

Sweatshirt/T-Shirt

Tennis(Athletic)Shoes

Sweats/Shorts

### **Course Fees**

None

## Course Outline/Instructional Units

### PERFORMANCE BASED CURRICULUM

**The Lifetime Fitness class involves vigorous physical activity designed to improve the student's fitness and knowledge of maintaining a healthy lifestyle. The curriculum is performance-based and all students will need to demonstrate knowledge, competency and skill development in each of our curricular areas. Failure to do so will have a negative effect on their overall development, safety and grade assessment.**

1. The Lifetime Fitness Curriculum focuses on developing & improving **Health Related Fitness** which includes Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility and Improved Body Composition. Also, **Skill Related Fitness** which includes Agility, Balance, Coordination, Speed, Reaction Time and Explosive Power.
  - a. Demonstrates a variety of dynamic and functional movement techniques.
  - b. Develops realistic short and long term personal fitness goals.
  - c. Monitors physical activity through the use of a pedometer, heart rate monitor and/or physical activity log.
  - d. Assesses and maintains appropriate levels of physical fitness in terms of: cardiovascular endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy and productive life.
  - e. Make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status and culture.
  - f. Identifies reasons to participate in physical activity (e.g. health, enjoyment, challenge, self-expression, and social interaction)
  - g. By the end of the course the students will be able to demonstrate a satisfactory level of knowledge, technique and competency in the following areas\*:
    1. Volleyball
    2. Tennis
    3. Badminton

4. Floor hockey
5. Fitness games
6. Frisbee
7. Flag football
8. Soccer
9. Yard Games

## **Major Assessments**

### **1. Formative Daily Assessments**

- a. Students will be assessed on their daily participation, quality of work and the completion of assigned tasks. The most successful student will be able to demonstrate:
  - b. the mastery of physical skills, knowledge, leadership and teamwork necessary to participate in a High School based Physical Education and Team Sports Program.
  - c. their best effort/performance on a daily basis.
  - d. responsible, respectful and accountable behavior.
  - e. a positive work ethic and a mature level of self-motivation and self-direction.
  - f. the ability to work independently, with other students and the ability to follow directions.
  - g. a consistent pattern of being prepared to perform each day in class.
  - h. a non-apathetic, but energetic student ready to face the many challenges ahead of them.
  - i. proper exercise and sport skill techniques, safety procedures as well as proper use of the equipment.

- 2. Written tests**
- 3. Skills tests**
- 4. Fitness gram fitness evaluation**
- 5. Daily Journal**
- 6. OSPI CBA**

## **Extra Help**

Teachers will provide information regarding tutoring in classroom procedures. Students are encouraged to take advantage of tutoring opportunities and assistance will be offered in class.

**RE-DO POLICY:**

OHHS is an effort based school where we believe all students can learn. We also know that students learn at different rates. Thus, we are implementing a re-do policy that recognizes the needs of individual learners.

- 100% Re-do
  - Assessments (with exception of the Final semester exam)
  - Key Assignments: Evidence that demonstrates mastery of a standard
- Teachers may:
  - require completion of supporting assignments prior to re-do opportunities for students to show they can meet the standard.
  - require students to complete re-do of work outside of class time.
  - limit the number of re-do opportunities for each assignment.
  - assign zero grades when students choose not to do key assignments and/or assessments to standard.
- All opportunities for re-do work will come with a deadline as assigned by the teacher.

**Weighted Categories**

Set department categories and weighting

<b>Category</b>	<b>Percentage of Overall Grade</b>
Daily Formative Assessment	70%
Projects/Presentations	20%
Unit Summative Assessments	10%

**Grading Scale:**

<b>Regular Scale</b>	
<b>Letter Grade</b>	<b>Percentage</b>
<b>A</b>	<b>93% and Above</b>
<b>A -</b>	<b>90%-92.99%</b>
<b>B+</b>	<b>87%-89.99%</b>
<b>B</b>	<b>83%-86.99%</b>
<b>B-</b>	<b>80-82.99%</b>
<b>C+</b>	<b>77%-79.99%</b>

<b>C</b>	<b>73-76.99%</b>
<b>C-</b>	<b>70-72.99%</b>
<b>D+</b>	<b>67%-69.99%</b>
<b>D</b>	<b>60%-66.99%</b>
<b>F</b>	<b>59.99% and Below</b>

**OHHS PLAGIARISM POLICY:**

Any student, who knowingly turns in any work that has been done by someone other than himself or herself, and fraudulently represents it as his/her own, shall be considered to have cheated. Cheating also includes: aiding someone else in cheating, the use or preparation of written, pictorial, electronic or other materials not authorized by the instructor during a test or assignment, the use of testing materials obtained previous to the test date, or plagiarism of any kind. Students found cheating will also be subject to an office referral, which could result in a suspension. As an effort based school, students who have plagiarized/cheated must still demonstrate their learning. Thus, students will be given the opportunity to complete the work. This will fall under the “Late Work Policy” of the teacher where total possible points may be reduced.