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Introduction:

**Lifetime Fitness** is a one-semester course meant to slowly, yet efficiently, improve your health. Instead of training for a specific event or reason, efforts are made to follow a healthy lifestyle through consistent daily exercise.

Activities to include the following: walking, jogging, aerobics, body-weight exercises, and games. Participation is expected!

**Goals for the Students:**

* To learn the importance of healthy living and eating.
* To spend over 45-minutes everyday getting exercise.
* To learn how to exercise safely and effectively.
* To form a routine of healthy living.
* To learn how to lift weights, stretch, and do body weight exercises, etc.

**Expectations:**

* Respect everyone in class.
* Bring the required materials to class and be prepared.
* Be punctual and do not leave class without permission.
* Participate! Be engaged in ALL course activities.
* Be mature, and have a positive attitude.

Materials:

* Proper shoes (this does not mean, slides, crocs, house shoes)
* Gym clothes (for indoor and outdoor use-if perfered)
* Notebook & Pen and occasionally your Chrome book to do assignments on Google Classroom
* **Class Procedures**
* Attendance will be taken after the tardy bell. You will be assigned to an alphabetical, numeric spot
* Only water is permitted in Gym –NO FOOD
* STUDENTS MUST HAVE PROPER FOOTWEAR! This does not include: crocs, sperrys, slides, boots, timberlands, etc… students must have a sneaker-type of shoe!
* Unexcused absences will not be allowed to be made up
* A doctor’s note is required to be medically excused where by an alternative assignment will be given.
* All students are expected to conduct themselves in a respectful and appropriate manner.  If necessary, parent will be contacted as well as a referral may be written up for the student. **Refer to the BR3 Chart for Major and Minor offenses.**

**Uniform Requirements** Gym shoes are required! **No exceptions!**

**Your Classroom Expectations and Your Responsibilities**

* Be respectful…towards yourself and others and their property. **How we treat others is a reflection of who we are.** Use polite speech and body language. Speak with respect!Property : If it doesn’t belong to you don’t touch it-
* Be prepared… Bring what you need with you
* Be on time… Attend to personal needs before class begins
* Safety FIRST! You are responsible! Any behavior that is determined by the teacher to be unsafe or disruptive to the educational process will not be tolerated.

**Grades (Points):** Students will be graded daily using a (10) point scale.

2 points-on time attendance

2 points- attitude, socialization characteristics, respect for all

6 points- participation and effort throughout the ENTIRE CLASS

10 points = 100% per day

* Tentative Schedule:

Mon: Outdoor Walking and push-ups (45-minutes, 2 to 3 miles)

Tues: Workout Video (Hard Corps 22, P90X3, Cardio Kickboxing, etc.)

Wed: Games (basketball, volleyball, soccer, Frisbee, etc.)

Thur: Workout Video (Hard Corps 22, P90X3, Cardio Kickboxing, etc.)

Fri: Teacher Choice

*NOTE: Mondays and Fridays only gym shoes are required. When it gets too cold, indoor exercising will replace outdoor walking.*

Questions, Comments, or Conc Please speak to me after the first class if you require accommodations or modifications.

I look forward to working with you this semester!

Love, Peace, Joy & Hope,

Mrs. Bennett