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DIRECTIONS: For each course, complete the syllabus and share with your evaluating/supervising administrator <a href="#">aya pd_</a> (* File-download-PDF document*) by 9/21/20. Syllabi will be posted on the FHS website under your name for the public to view.	
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NOTE: For core classes, all elements of this section (except for name and contact information) are the same.	
Course Title: Personal Fitness	
Instructor Name: Mandy Weaver, and Rick Holte	Contact Info: <a href="mailto:mweaver2@pps.net">mweaver2@pps.net</a> , <a href="mailto:rholte@pps.net">rholte@pps.net</a>
Grade Level(s): 10, 11, 12	
Credit Type: PE	# of credits per semester: 0.5
Prerequisites (if applicable): PE 9	
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This health-promoting class will expose you	

<p>Differentiation/accessibility strategies and supports (TAG, ELL, SpEd, other):</p> <p>Training will be individualized to fit students' needs.</p>
<p>Safety issues and requirements (if applicable):</p> <p>6 absolutes of fitness.          Be relentless with your form and technique.          Safety agreement - available in Canvas.</p>
<p>Classroom norms and expectations:</p> <ol style="list-style-type: none"> <li>1. Workout/train 5 days a week for a minimum of 30 minutes each time.</li> <li>2. Keep a daily training/health journal - to be submitted each Sunday by midnight.</li> <li>3. Be relentless with your form and technique.</li> <li>4. Treat each other with courtesy and respect. Teamwork &amp; support.</li> <li>5. Train hard. Train smart.</li> <li>6. Get some protein and water post workout to improve your fitness and recovery.</li> </ol>
<p><b><i>Evidence of Course Completion</i></b></p>
<p>Assessment of Progress and Achievement:</p> <p>Goals &amp; Assessment - Each student will set a long term goal to work on all semester. On Monday of each week you will reflect on the previous week of training as well as set a short term goal to focus on for the current week. We will also have a couple of fitness tests each week to track our progress.</p> <p>Make Ups [injury &amp; sickness]: For the duration of the injury/recovery period, students will work independently on a research project directly related to their individual injury. Expectations surrounding length and depth of information is dependent upon the length of the recovery.</p>
<p>Progress Reports/Report Cards (what a grade means):</p> <p>A - D: you passed - met or exceeded expectations.          F: try again - did not meet expectations.</p>
<p>Career Related Learning Experience (CRLEs) and Essential Skills:</p> <p>Lifelong health and happiness.</p>
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<p>What methods are used you</p>

