

Sarah Keener  
Office Hours: by appointment  
Email: sarah\_keener@sangerusd.net  
Summer 2023 – Course 59336 & 59338

## Physical Education 6 - Fitness & Health

### Course Description:

**PE 6:** This course is designed to improve physical fitness levels through a variety of exercise activities including, but not limited to, recreational activities, strength development, cardio-respiratory development, and improved flexibility. The following components of physical fitness will be emphasized: muscular endurance, muscular strength, cardio-respiratory endurance, flexibility and body composition. It will be organized around these three objectives: safe performance of activity, appropriateness of activity for each individual, and the importance of activity

### Student Learning Objective:

- Students will identify, describe, and apply knowledge and skills needed to achieve and maintain a physically active and healthy life (effects of physical activity on the body, on physical fitness, on skill improvement, and on group interactions; concepts, principles, and strategy of movement).

**Rationale:** Students will demonstrate their learning of conceptual knowledge by engaging in physical activities. They will demonstrate their application of concepts, principles, and strategies of movement by completing performance assessments.

### No Prerequisites required

**Accommodations:** If you have a verified need for an accommodation per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please inform me as soon as possible.

**Attendance Policy:** Class attendance is mandatory. Students are expected to arrive on time and leave only when the class is dismissed. Any unexcused absences may result in a lowered final grade. Class begins on time. You will not be allowed to make up any absences. Absences are only excused and valid if supporting documentation is presented. It is the board policy that students who miss too many class meetings can be dropped.

**Personal Electronics Policy:** Cell phones, ipods, headphones, MP3 players and other similar electronic devices will be turned off and stored out of sight during class. There may be times the teacher may allow music but students will be notified.

**Conduct Policy:** Students are expected to behave like adults and demonstrate respect for the instructor, other students, the classroom environment, and classroom equipment. Students who are unable or unwilling to conduct themselves appropriately will be required to leave the class until such time they can function maturely. Any points that may have been lost during this time of leave will not be made up and points will be forfeited.

**Grading Policy:**

- 180 points = Attendance 18 days – 10 points (per day)
  - Points will vary by class = Assignments 10 points (each)
  - 180 points = Participation 10 Points (per day)
  - 50 points = Final TBD
- 
- A = 100 – 90%
  - B = 89 – 80%
  - C = 79 – 70%
  - D = 69 – 60%
  - F = 59 – 50%

**Requirements:**

- Arrive on time
- Class participation
- Effort
- Attendance
- Assignments completed on time

**Attire:**

- Running/athletic shoes required
- Workout clothes
  - Shorts/t-shirts/yoga pants/etc.
  - Swimsuit and towel for swimming
- Not acceptable
  - Jeans/khakis/open toed shoes/crocs

**Other necessities:**

- Water/Drinks
- Hand towel (fresh one every day)
- Deodorant
- Sun block

**Drop Deadline Date:**

Students may withdraw from this course without a letter grade until \_\_\_\_\_

**FINAL EXAMINATION: JULY 13<sup>TH</sup> TBA**