

**Fitness For Life – Cherokee Middle School
Coach Ballenger**

Course Description: Students in this class will gain an understanding and appreciation of the lifetime need for physical fitness. Students will participate in group and individual activities to develop all aspects of health related fitness and the proper components of weight training principles. The fitness activities may include, but are not limited to the following: aerobic exercise, calisthenics, circuit training, physical fitness testing, walking, jogging, running, and weight training.

Course Objectives: During the class students will be expected to:

- Develop an understanding and appreciation for the need of physical fitness activity for a lifetime.
- Understand the components of fitness.
- Develop and increase cardio-respiratory fitness, flexibility, muscular strength and endurance.
- Promote and understand the necessity of taking proper care of equipment.
- Promote and understand the need for safety during class participation.
- Provide an atmosphere that will encourage learning, cooperation and participation.

Class Requirements: Students must dress out in maroon, gray or black gym shorts and white, maroon or gray t-shirts (Cherokee school colors). Clothes worn at school are unacceptable. During cold weather sweatshirts and/or sweatpants may be worn if the student did not wear them to school. Only gym shoes may be worn during class. Locks and lockers will be provided. It is the responsibility of the student to properly put away personal belongings and lock these items securely each day. The cost to replace a lost lock is \$3.00 in the main office. Written work in this class will focus on conventions (spelling, punctuation & capitalization), organization and word choice vocabulary (using the correct word at the correct time). Plagiarism will not be tolerated at Cherokee. Please do not use someone else's work as your own or paraphrase information without giving credit to the proper person.

Participation and Dress Policy: Each student is expected to dress out daily. Your grade is largely dependant upon dressing out and participation. **A doctor's note may excuse a student from participating, but they must still dress out unless special arrangements are made with the teacher.** Written **notes from parents** will excuse a student from participation for **one day.** Students with any note will still be expected to dress out but the activity will be limited.

Grading:

<u>PERCENT GRADING SCALE</u>					
100-94	A	93-90	A-	89-87	B+
86-84	B	83-80	B-	79-77	C+
76-74	C	73-70	C-	69-67	D+
66-64	D	63-60	D-	Below 60	F

STUDENTS WILL RECEIVE 10 PARTICIPATION POINTS PER DAY
POINTS WILL BE DEDUCTED FROM PARTICIPATION AS FOLLOWS:

1st No Dress = -0. Any other No Dress = -50 for each no dress.

-5 points for each of the following:

- Tardy
- Chewing any objects in class
- Gum in the gym
- Improper shoes
- No **visible** socks
- Jewelry
- Item(s) kept unlocked in locker room
- Tying t-shirts, shirts under t-shirts or rolling shorts

-10 points for the following

- * Not participating
- * Disruptions in class
- * Out of assigned area
- * Horseplay

JEWELRY: Jewelry is not allowed during class due to the safety to oneself and classmates.

Cherokee Tardy Policy:

1st offense – warning, 2nd offense – warning, 3rd offense – lunch detention, 4th offense – lunch detention and call parents, 5th offense – after school detention, 6+ ISS.

CLASS RULES:

1. Stand **quietly** in assigned spot.
2. Do not touch any equipment until told to do so.
3. Be responsible for yourself.
4. Be on time.
5. Listen!
6. Do what you are told.
7. Due to the concern for your daughter/son's safety, there will be **no gum**, candy or food permitted in the gym during the class period.

GOALS:

Physical fitness is a major component of education. All students will participate in fitness testing that is designed by the American Alliance for Health, Physical Education, Recreation, and Dance. If you have additional questions, concerns or comments, please feel free to contact Mr. Powers, Mrs. Pilley, counselors or a physical education instructor.

Thank you,
Coach Ballenger
pballenger@spsmail.org
Cherokee Middle School
417-523-7271

Please return this page to your instructor the second day of class for maximum credit.

The student listed below and I have gone over the physical education syllabus and are willing to make our best effort possible in Fitness For Life.

Parent signature & date

PRINT student name

Student signature

Student, please...

Circle semester: 1st 2nd
Circle grade level: 7th 8th

Circle class period: 1 2 3 4 5 6 7

Please list any physical or health concerns the teacher may need to know: (i.e. asthma-exercise/allergy induced, diabetes, sting allergies, etc...)