

FRESHMAN WEIGHT LIFTING

CAPITAL HIGH SCHOOL

MS. TREMBLAY

STUDENT EXPECTATIONS:

LOCKER ROOMS:

Locker rooms are closed for the time being. Backpacks, lunches and belongings will be brought with you to all classes, including weight training.

HALL TRAVEL to and from class:

Bruin Hall is a one way going toward the choir room. You may not travel through Bruin Hall going toward the main foyer. You will enter the gym through the doors closest to the girl's locker room on the band/choir side. You will exit the gym through the doors leading into the foyer or by the boy's locker room closest to the weight room.

START OF CLASS PROCEDURE

1. At the start of class line up in the hallway outside the weight room
2. Pick an X to stand on
3. Line up in A-B-C order by last name
4. Maintain a social distance at ALL TIMES
5. Wait to enter the weight room until attendance is taken

MASKS:

Masks are required and must be worn at ALL times. They must cover your mouth AND nose. We will try to get outside as much as the weather allows so we are able to remove our masks. You may only remove masks with teacher approval.

SOCIAL DISTANCING:

We will practice social distancing throughout the entire class. We will be lining up in the hallway outside the training room leaving 6+ ft distance between you and the person next to you. You will continue social distancing as we enter the weight room. You will have one partner who will remain your lifting partner for the duration of the school year. This is the ONLY person that is allowed to spot you. If they are absent you will lift alone. All students will wear face masks while lifting and spotting. You will also continue social distancing except for the short time you are spotting.

CLEANING/SANITIZING:

Hands will be sanitized upon entering the weight room. Equipment will be thoroughly cleaned after use (bars, plates, dumbbells, handles, colors, pull-up bars, etc.). Hands will be sanitized upon exiting the weight room.

BACKPACKS:

Backpacks will be brought with you to class. If we are located outside you will bring your packs with you outside. If we are in the weight room, you will drop your packs off to the side at the bottom of the stairs.

LUNCH (4th Period only):

We will go outside for lunch and eat on the Tuss (football) field bleachers as a class. NO garbage will be left in the bleachers. We will have bags for you to dump your garbage. You are to remain with your 4th period class for the duration of lunch.

CLASS RULES & EXPECTATIONS

- **Be Responsible**
 - Be on time and prepared for class with active wear and appropriate shoes.
 - Remain fully engaged in the activity while in class.
 - Prioritize the safety of yourself and others.
- **Be Respectful**
 - Treat everyone in class with respect, including classmates, teachers, and presenters.
 - Use all equipment and resources with care. Report any issues or broken equipment immediately.
 - Use appropriate language.
- **Be a Graduate**
 - Be an active participant and fully engaged with each lesson.
 - Be proactive with assignments and work. Communicate early for any missed work and make-up assignments.
 - Commit to implementing activity and wellness in your daily routine.

Physical education is based on participation and consistent engagement in class activities. I expect to see improvement in fitness, understanding of wellness, and commitment to personal goals. Students who display consistent effort and a positive attitude will be successful in this course.

Grading Scale

A	92 - 100%	B-	80 – 81.99%	D+	68 – 69.99 %
A-	90 - 91.99%	C+	78 – 79.99%	D	62 – 67.99%
B+	88 - 89.99%	C	72 – 77.99%	D-	60 – 61.99%
B	82 – 87.99%	C-	70 – 71.99%	F	Below 60%

Grades and Activities

Due Dates: All assignments each week will be due by that Friday at 11:59pm on Teams.

In-Person Class Participation: Active participation and full engagement is expected from all students during the entire class period. Daily participation in class or online assignments provides 10 points each day of class. Assignments and activities will be expected to be completed for each day when the student is in a virtual environment.

Failure to 'dress out' and wear appropriate active clothes for class will result in a daily participation grade of at most 7/10 points. Active clothes and shoes are expected to be worn for all PE courses.

Safety protocols must be followed to keep you and others safe. Cell phones should not be out during class (unless specified for use during the activity). Do not bring valuables with you during class. Any disrespectful comments regarding fitness, skill, appearance, gender, race, etc. is unacceptable in class. Swearing or profane language will not be tolerated.

DLI Class Participation: Active participation in all assignments and daily check-ins is expected. Students should be checking the class Teams page on a daily basis to see assignments or check for upcoming work. **DLI students will be expected to participate in an activity each day**, just like they would be in an in-person P.E. class.

Missed Class: Any missed class (in person) will be required to complete a makeup assignment to earn participation points. To earn full credit for the missed class (10 points), each student must communicate with Ms. Tremblay no later than **one week** after the missed class. The make-up assignment must be completed by within **two**

weeks of the missed class to earn full credit. Any make-up assignments turned in after two weeks will earn at most 7/10 points.

Participation Grading Rubric

'A' Student (10/10 participation points)

- Help and supports peers in activities and skill
- Always prepared with active clothes
- Aids with set up or clean-up for activities
- Works hard to improve on fitness and wellness goals
- Actively participating the entire class period
- Turns in all assignments on time
- Communicates early about missed class and completes make-up work before the deadline of 2 weeks
- Has all the behaviors of a 'B' student

'B' Student (8/10 participation points)

- Follows all directions
- Always on task
- Respectful to equipment, classmates, and teacher
- Participates safely
- Demonstrating effort to improve personal fitness level

'C' Student (7/10 participation points)

- Follows most directions
- Usually on task and respectful
- Usually turns in work and communicates about make-up assignments
- Usually uses equipment correctly
- May not consistently come prepared in active wear

'D-F' Student (0-6/10 participation points)

- Does not follow directions well
- Often off task
- Often disrespectful to classmates, teachers, and equipment
- Does not follow safety protocols
- Does not communicate about assignments or missed work
- Does not complete make-up assignments

Acceptable Clothing for Weight Lifting

Active Wear:

✓ T-Shirt

X No tank tops or sleeveless shirts

✓ Shorts or sweatpants

X Shorts should not be too short, no spandex

✓ Running/active shoes with laces

X No sandals or loose shoes

✓ Appropriate clothing for all weather- we will be outside!