

FRESHMAN WEIGHT TRAINING

CAPITAL HIGH SCHOOL
PHYSICAL EDUCATION & HEALTH

Instructor: Maureen Tremblay

Grade Level: 9

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Course Description- Freshman Weight Training

9343 Freshman Weight Training Grade: 9 1.0 Credit

Through participation in a variety of movement activities consisting of flexibility work, running, plyometric conditioning, and agility drills, with emphasis on individual and group weight training programs, students will achieve and maintain a challenging level of health and skill related fitness. *This class will satisfy the freshman PE requirement.*

Goals of Course

1. Build an understanding of weightlifting technique, exercises, and activities.
2. Develop a personal weight lifting program for your individual needs.
3. Understand and apply exercise skills and activity components to your daily life.
4. Care for yourself and others mentally, emotionally, and physically.
5. Build positive relationships with peers to support each person's ability and skill level.

Helena Public Schools- Critical Competencies of Physical Education

- Students will be able to understand the 5 components of fitness
- Self-test, understand & interpret personal fitness status related to cardiorespiratory endurance, muscular strength & endurance, flexibility & body composition
- Demonstrate individual progress toward each component of health-related physical fitness
- Assess an individual program to improve upon the five components of health-related physical fitness
- Design an appropriate personal fitness program that enables them to achieve and/or maintain desired levels of fitness.

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 and strength, understanding of technique, 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, jokes, 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 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 PE Class

Active Wear:

- ✓ T-Shirt

X No tank tops or sleeveless shirts

- ✓ Shorts or sweatpants

X Shorts should not be too short, no spandex or leggings

- ✓ Running/active shoes with laces

X No sandals or loose shoes

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