

Physical Education Syllabus for Physical Fitness for Life I

Welcome to the gym! I am so happy to have you in class. We are going to have the best semester. I am here to help you reach some personal goals, as well as teach/re-teach some of the State of Ohio's Physical Education Standards. Along with that you will be focusing on ideas and concepts found in the class book "Physical Fitness for Life." During the first 9 weeks we will meet Monday- Thursday on zoom. In order to be successful it is imperative that you come to class each day with the requested items and an attitude to learn.

Materials that AIMS provides:

1. State of Ohio Assessment sheets. Yes there is homework and mandatory writing for your successful completion of this class.
2. Classroom book "Physical Fitness for Life" Yes, we will be reading once a week. We will watch informative videos and yes, we will have days that we are not up and moving. This class is a high school credit so the course work is highly rigorous. Unexcused absences, and or suspensions can lead to low class grades that will FOLLOW you until the day you graduate!
3. There will be unit tests given to prepare you for the written final exam. This exam is inclusive of any and all information gained during the entire 18 week course. It is 1/5 of your overall grade.

Items that you will need to bring:

1. A daily change of safe clothes for class. This could include shorts or sweats and a T-shirt. (Fitness leggings are ok) short shorts, and sleeveless shirts are not allowed. We change daily to practice good hygiene and safety. (many class activities include being on the floor, stretching, and sweating) Please practice personal hygiene at home by showering daily and applying deodorant. (You can bring some for your locker), or body cleansing wipes to make it through the school day. *** Virtual dress will depend on you, but must still be appropriate. *****
2. IT IS A MUST that you have tennis shoes on to participate. This is a non-negotiable.
3. Lastly, if you are ill or injured, please bring an excuse note explaining your condition and or limits for participation. If it persists longer than 3 days I will ask for a Drs. Note Yes, even virtually you are expected to communicate with me about illness.

Daily procedures

1. Grades are based on daily participation, following directions, safety and coming to class prepared. This includes your participation and behavior in the Zoom setting.

What will I be learning this semester?

Health related and skill related fitness, Safe and smart participation, Benefits of Physical Education

Self-management skills related to personal activity, Cardiovascular and muscular Fitness

Students will have quizzes, tests, a final personal fitness portfolio and a written final exam to calculate their grades. Absences are your responsibility to check for make- up work. Unexcused absences are a zero.

Please feel free to contact me with any questions.

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I will respond within 24 hours unless it is the weekend inwhich I will respond Monday.

Ms. Schemmel