

Lifetime Sports and Fitness

Course Syllabus

Supervising Teacher

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Course Description:

Lifetime Sports and Fitness 1 Semester 1 Credit Grades 9-11

This course will meet the Physical Education requirement for graduation. This course is designed for students who have general knowledge/experience with the skills and rules involved in various lifetime sports and recreational activities. Students will utilize their skills while participating in different sports and activities. Fitness and strength activities are also incorporated. Sports and activities can include (but not limited to) biking, swimming, jogging, walking, roller blading, tennis, horseshoes, golfing, badminton, team sports, dance, bowling, pickle ball, speedball, and flag football. Included are physical fitness tests. **This course focuses on improving sports skills, participating in recreational activities, and improving fitness levels.** It is recommended that the student participate in **at least five different recreational activities and at least two fitness related activities throughout the course.** Please see activity log information below for further clarification.

****As stated in the parent handbook, only a portion of the hours completed through participation in an extra-curricular school athletic team will be counted toward the hour requirement.**

****Please note that activities such as painting, yard work, maintenance and mechanical chores, etc. are not considered PE activities and cannot be included on the activity log. Please refer to the standards and the course description for further information regarding PE activities.**

Standards represented in this course: Each PE standard may be addressed in this course; only Standards 2, 3, & 4 need to be represented in the portfolio.

Recommended Textbook Options

There are no required textbooks for this course, but there are a few supplemental options listed below.

Recommended Supplemental Materials or Software:

<p><u>Pedometer Power</u></p> <p>65 creative pedometer activities to monitor physical activity and promote active lifestyles).</p> <p>ISBN# 9780736062725</p>	<p><u>Physical Activity for Health and Fitness</u></p> <p>Health and Fitness content information relevant to the course.</p> <p>ISBN# 9780736052054</p>	<p><u>Fun and Games</u></p> <p>100 Sports Related Activities for Ages 5-16 (Many of the activities work best with at least 5 participants).</p> <p>ISBN# 9780736054386</p>
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Supplies or Equipment:

Pedometer and equipment related to the sports and activities chosen.

End of Course Assessment:

Since this course is required for high school graduation in the state of Idaho, an assessment piece is required. The student will be required to provide samples of work for this course within a standards-based portfolio as well as complete the following:

Graded Anchor Assignments

The student will complete **four anchor assignments** for this course. Each assignment will correlate with a PE standard. The student will be given the assignments upon enrollment into the course.

Activity Log

The student will present an activity log indicating that he/she has completed the required amount of activity hours for this course. **The activities must align with course requirements. For example, representation of at least five different sports/activities, as well as two different types of fitness activities must be shown.**

I ask that the activity logs be sent to me in twice per semester (uploaded into Moodle) along with the anchor assignment due for that month. The final activity log will be required the final week of the semester and must contain at least 60 hours of activity (time spent on anchor assignments can be included on the log).

Course Evaluation:

Anchor assignments and Activity Log – 40% of overall grade

Parent – 60% of overall grade (participation, written and skills tests)

Additional Information from the Instructor:

In order to receive 1 credit, the student must complete at least a minimum of 60 hours of activity and instruction. The grading scale is as follows:

60 Hours = 70%

70 Hours = 80%

80 Hours = 90%

90 Hours = 100%

It is recommended that kids be active for at least 60 minutes a day (throughout the day or all at once), to maintain a healthy lifestyle.

This course requires an activity log to be kept, which includes the activity, the date, and the time spent participating in the activity. Time spent on the content portion of the course (studying fitness components, reading fitness/sport related articles, etc.) can be counted toward the 90 hour requirement. This course focuses on participating in lifetime sports as well as engaging in fitness activities. The student should choose **at least five** different sports/activities to participate in and **at least two different fitness** activities.

I-DEA Student Honor Code:

With any form of valid proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead to a zero grade for the assignment or even failure for the entire course following consultation between the instructor, Secondary Supervisor, and Director.

All students must adhere to the **Honor Code:**

“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal,

and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”

Idaho Content Standards for Physical Education:

<http://www.sde.idaho.gov/site/csh/docs/Standards/PE%20IDAHO%20CONTENT%20STANDARDS%20Approved%201-2010%20for%20School%20District%20Adoption%20Fall%202010.pdf>