



Summerville Union High School

Physical Education, Fitness 1

Instructor: Mrs. Amy Peterson Phone: 209-928-4228 ext 6249
Email: apeterson@summbears.net Webpage: MrsPetePe.weebly.com

Course Description

This course is designed to provide students with an opportunity to improve one's lifestyle by learning to strengthen their cardiovascular system, decrease body fat, increase muscular strength, and improve flexibility. Through these activities students will obtain higher energy and increased mental health through consistent movement to music. This class is designed to make exercise fun ☺

Course Objectives

- Students will learn safe and proper movements to protect their body from injury.
- Students will be taught a healthy lifestyle through movement.
- Students will understand healthy eating choices to increase energy and mental health.
- Students will increase knowledge of various avenues of kinesiology to improve overall health awareness.

Course Policies

- Students should be on time, dressed out, and ready to participate upon the start of class.
- Absolutely no cell phones or iPods in class, with the exception of run days.
- No food or drinks in class aside from a water bottle.
- Proper attire is required for daily participation points (tennis shoes, sweats/shorts, t-shirt)

Disciplinary Policies for Misconduct

- Verbal Warning
- Point deduction and teacher-student conference
- Loss of all daily points
- Detention and Grade level coordinator conference
- Removal from class

Grading Policy (20 pts possible per day)

- Daily Participation 10pts
- Appropriate Dress 5pts
- Attendance 5pts
- Healthy Eating Recipes 25pts

Deductions: tardy -5, non dress -10, no effort – 10, absence –all daily points

Tardy and Absence Policy:

Tardy Policy is consistent with the school wide policy; please refer to your student handbook.

Absence Policy: An excused absence means points can be made up. An excused absence does not mean that a student automatically gets free points because the absence was excused. An **unexcused absence** means that the points cannot be made up and all points for that day will be lost! **Activity Perk:** Student's participating in an athletic event will receive **daily credit**, only if that student has notified Mrs. Peterson before the event. **Being on a school-wide list for an event is not acceptable!** The absence must be pre-arranged and communication with the teacher is mandatory



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Fitness 1 Weekly Classes

Monday: Circuit Training

Tuesday: Bar Class

Wednesday: Step Aerobics

Thursday: Cross Training/Tabata

Friday: Campus Power Walk with weights

1. Students will know what class and what type of exercise to expect each day of the week.
2. Classes will be challenging, but will have different levels and modifications based on the student participant.
3. An exercise mat for floor work and AB workouts is required. Please bring one to class.
4. Please bring a water bottle to every class.
5. Purchase a lock for a gym locker in order to store the floor mat when not in class.