

DIXIE MIDDLE SCHOOL

FITNESS TRAINING/AEROBICS DISCLOSURE

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Welcome to Fitness Training and Aerobics. Everyone should have a class each day that allows him/her to be up and moving around! In these classes, movement is expected and encouraged as students participate in a variety of sports and fitness activities. Class activities will take place in the gym or out on the grass fields. Our **Essential Standards** will be as follows:

1. Students will learn and demonstrate proper technique for the exercises and movements in the classes.
2. Students will learn and understand safety principles of proper spotting, cooperative behavior, communication, and attentiveness.
3. Students will learn fitness concepts related to activity and the body as they pertain to muscles and personal goals to improve their personal level of fitness.
4. Students will learn how proper nutrition plays a role in providing energy for physical activity.

Please be aware of the following class policies as well as any school policies that may be found in the student handbook that is posted on the school website.

CLASS POLICIES:

1. **DRESS- BLUE or BLACK SHORTS or YOGA pants(girls)/WHITE SHIRT(not see thru, clothes must follow WCSD dress code guidelines, shirts must be long enough to cover stomach when arms are raised), NON-MARKING TENNIS SHOES (must be laced and tied tightly)** with socks. Please write your name on the front of the shirt and shorts. Clothes worn to school may **NOT** be used for PE. **IF YOU WEAR A HOODIE, YOU MUST COME TO ROLL CALL IN YOUR REGULAR PE SHIRT FIRST.** Bring items that you can use when freshening up after class.
 - a. DMS CLOTHING = \$15 (pay at office). This includes a shirt and shorts. You may purchase your own according to above guidelines.
 - b. Clothes need to be taken home and washed **at the end of each week.** Bring them back clean **on the first class day** of the week.
 - c. If you forget your PE clothes, you may borrow a pair of shorts and a shirt to use that day. A student borrowing clothes must give something for collateral in exchange for the clothes. Please return them at the end of class.
 - d. Jewelry is dangerous in sports settings. Leave it locked up in the locker room.

2. LOCKS-

- a. When you get a locker assignment and lock, do **NOT** change it without letting your teacher know.
- b. If you lose your lock, please check with the teacher responsible for the locker room. He/She can tell you what needs to be done to replace it. If a lost lock is never found, it will cost \$5.00 to replace it. Do not bring a lock from home. It **WILL** be cut off. You are given a lock for a reason, **USE IT. THE PE DEPARTMENT IS NOT RESPONSIBLE FOR PERSONAL ITEMS, INCLUDING MONEY. DO NOT** bring valuable items into the locker room.

3. GOOD THINGS TO KNOW-

- a. **Do not bring glass** containers of any kind into the locker room.
- b. Leave other students and their belongings alone. Theft is possession of another's property without their permission. Bullying will not be tolerated.
- c. **After changing during shower time, please return to the gym for roll to be taken. Do NOT hang out in the hall or go to the vending machines during shower time.**
- d. **Cell phones and other electronic devices are not needed in class. As per district policy students should leave them in their backpacks which should be locked in a locker. Violations of this policy will result in consequences outlined by the policy itself.**
- e. **Hall Pass Use** - all students will be given a "free" chance to get a drink and use the restroom at the teacher's instruction. All students will go together as part of a break between warm-ups and activity. It is encouraged that students use this opportunity and not waste the valuable passes that are outlined in the school hall pass program. If a student still needs a hall pass, it must be created through the kiosk or the teacher **AFTER** permission is given.

4. TARDY POLICY-

TARDY = NOT IN your roll call spot 3 minutes after the bell rings. Simply being in the gym is not enough. You must be in your spot.

PENALTY = Penalties for tardiness will be according to the school tardy policy and may require recovery time during lunch.

5. GRADING-

Most of the points for this class will be based on daily class participation. Participation requires effort, not just merely being on the roll. It is expected that students will give their best effort each day. So it is important to be in class as much as possible.

Participation Assignment (recorded weekly on PowerSchool) - 15 points per day – 5 for dressing out, 5 for participating in fitness activities, 5 for participating in class activities. Dressed properly = wearing **ALL** required items (PE shirt, PE shorts, and tennis shoes). **Partial dress out will result in part of the dress out points being lost.** If you do not dress out, you must have a written excuse from a parent or doctor. **No excuse = unexcused No Dress, students will automatically lose 5 points. THOSE WHO DO NOT HAVE A NOTE MUST STILL DRESS OUT.** Participation points will be deducted at the discretion of the teacher based on lack of participation or effort. Students sitting out with a note or with long term injuries will be able to acquire credit through various written activities assigned by the teacher.

Quizzes and Other Assignments – As assigned by the teacher (**State Core**). Any make-ups must be completed in a timely manner and no make-ups will be accepted after mid-term.

Fitness Runs: Every two weeks. Runs will vary from mile runs to 20 minute runs to a series of sprints to stadium stairs. Each run is an assignment worth 10 points for completion. **Fitness Run Make-ups will be during future class times.** Missed fitness runs, for whatever reason, will receive a "0" as a score until it is made up.

There will not be any weighting of assignments. It will all be straight points. **THERE IS NO EXTRA CREDIT IN THIS CLASS.**

A = 93+	A- = 90-92	B+ = 87-89	B = 83-86	B- = 80-82	C+ = 77-79
C = 73-76	C- = 70-72	D+ = 67-69	D = 63-66	D- = 60-62	F = <=59

Example of an "A" student:

An "A" student is one who: attends class and is on time - makes up absences - dresses out properly each day, even if wearing office clothes – participates enthusiastically in everything each day –

completes and turns in all extra assignments, even when it requires work at home – shows improvement in his/her personal level of fitness.

6. PE Make-up – A student must spend **at least 60 minutes** in fitness activities for each PE Department class missed (i.e. A student with Fitness Training and PE must complete 120 minutes of activity). This activity must be done **outside** of school. The activity must be recorded on the PE Make-up cards, signed by a parent/guardian, and turned in within **ONE WEEK** of the return to class for full credit. Turning in PE Make-up must be done by the student by a physical card handed to the teacher or a picture of a completed card submitted through the Participation Make-up assignment on Canvas. PE Make-up submitted by email will **not** be accepted. **After the one week deadline, make-up cards will only be worth partial credit**, unless other arrangements have been made with the teacher. **BECAUSE THIS CLASS IS A PARTICIPATION CLASS AND STUDENTS NEED TO BE IN CLASS, ONLY 5 MAKE-UP DAYS WILL BE ACCEPTED EACH QUARTER. ANY PE MAKE-UP TURNED IN AFTER MIDTERM WILL NOT BE ACCEPTED.**

7. WARNING - Please understand that while playing sports or lifting weights, there is an inherent risk of injury. Instructors and administration will take all steps necessary to provide a safe environment for the students of the classes, but there are always things that happen that are beyond our control. If there are any health or physical problems, check with your physician to see if there should be any adaptation and note that on the signature form.