

Aurora Central High School
Mr. Ellis - Course Syllabus
2012-2013

Course Title: Health and Activity for Life, Basic Swimming, Advanced Swimming, Lifeguard Certification, Dance 4 Fitness

Students may repeat these courses for credit. Credit: 0.5 Grades: 10, 11, and 12 Term: 1 Semester

Instructor's Name: Clayton Ellis

Contact Numbers: 303-340-1600 ext.64729

School e-mail address: ceellis@aps.k12.co.us

Website address: <http://apscms.net/staffpages/ceellis>

Teacher availability:

MTRF - Period 4– 10:39-11:14 & Period 5- 12:17-1:15

Weds, Period 4– 11:09-11:57 & Period 5- 12:42-1:30

This course will provide opportunities for students to further develop their psychomotor, cognitive, healthy lifestyle and affective skills in physically active settings.

National Physical Education Standards:

Standard 1: Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Colorado Academic Standards Comprehensive Health and Physical Education:

The Colorado Academic Standards in comprehensive health and physical education are the topical organization of the concepts and skills every Colorado student should know and be able to do throughout their preschool through twelfth-grade experience.

1. Movement Competence and Understanding (Physical Education)

Includes motor skills and movement patterns that teach skill and accuracy in a variety of routines, games, and activities that combine skills with movement; demonstrates the connection between body and brain function; and creates patterns for lifelong physical activity.

2. Physical and Personal Wellness (Shared Standard)

Includes physical activity, healthy eating, and sexual health and teaches lifelong habits and patterns for a fit, healthy, and optimal childhood and adulthood; examines society, media, family, and peer influence on wellness choices; practices decision-making and communication skills for personal responsibility for wellness; and identifies the consequences of physical inactivity, unhealthy eating, and early sexual activity. Includes health promotion and disease prevention, and teaches responsibility and skills for personal health habits as well as behavior and disease prevention; sets personal goals for optimal health; examines common chronic and infectious diseases and causes; and recognizes the physical, mental, and social dimensions of personal health.

3. Emotional and Social Wellness (Shared Standard)

Includes mental, emotional, and social health skills to recognize and manage emotions, develop care and concern for others, establish positive relationships, make responsible decisions, handle challenging situations constructively, resolve conflicts respectfully, manage stress, and make ethical and safe choices; examines internal and external influences on mental and social health; and identifies common mental and emotional health problems and their effect on physical health.

4. Prevention and Risk Management (Shared Standard)

Includes alcohol, tobacco, and other drug prevention; violence prevention; and safety; teaches skills to increase safe physical and social behavior in at home, in school, in the community, and in personal relationships; provides specific knowledge on avoidance of intentional and unintentional injuries; and practices decision-making and communication skills to avoid drug use, bullying, and dating violence.

Concepts and Skills/ Essential Questions

1st Quarter

All classes will be responsible for learning the National and State Standards for physical education, Fitness Principles, Health Related and Skill Related Components of fitness and the fitness guidelines and training principles of will also be taught in order for students to be able to design their own fitness plan. Instruction will include a variety of Life Long Fitness Activities and Health related issues which include:

Nutrition, Fitness, Alcohol, Drugs, Social Wellness, Relationships, Disease Prevention.

Swimming class emphasis will be on Water Safety, Stroke Mechanics, Fitness, Water Games and *Fitnessgram*.

Dance 4 Fitness class emphasis will be on learning the basic techniques of dance and performance during class and *Fitnessgram*. Dance 4 Fitness Activities could include but are not limited to: Aerobic Dance, Ballroom, Contemporary, Country, Cultural, Fitness Video's, Hip-Hop, Jazz/Modern, Jump Rope, Zumba

2nd Quarter:

All classes will be responsible for learning the National and State Standards for physical education, Fitness Principles, Health Related and Skill Related Components of fitness and the fitness guidelines and training principles of will also be taught in order for students to be able to design their own fitness plan. Instruction will include a variety of Life Long Fitness Activities and Health related issues which include:

Nutrition, Fitness, Alcohol, Drugs, Social Wellness, Relationships, Disease Prevention.

Swimming class emphasis will be on Diving, Spring-board Diving, Snorkeling, and Canoeing and *Fitnessgram*.

Dance 4 Fitness class emphasis will be on learning the basic techniques of dance and performance during class and *Fitnessgram*. Dance 4 Fitness Activities could include but are not limited to: Aerobic Dance, Ballroom, Contemporary, Country, Cultural, Fitness Video's, Hip-Hop, Jazz/Modern, Jump Rope, Zumba

3rd Quarter:

All classes will be responsible for learning the National and State Standards for physical education, Fitness Principles, Health Related and Skill Related Components of fitness and the fitness guidelines and training principles of will also be taught in order for students to be able to design their own fitness plan. Instruction will include a variety of Life Long Fitness Activities and Health related issues which include:

Nutrition, Fitness, Alcohol, Drugs, Social Wellness, Relationships, Disease Prevention.

Swimming class emphasis will be on Water Safety, Stroke Mechanics, Fitness, Water Games and *Fitnessgram*.

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4th Quarter:

All classes will be responsible for learning the National and State Standards for physical education, Fitness Principles, Health Related and Skill Related Components of fitness and the fitness guidelines and training principles of will also be taught in order for students to be able to design their own fitness plan. Instruction will include a variety of Life Long Fitness Activities and Health related issues which include:

Nutrition, Fitness, Alcohol, Drugs, Social Wellness, Relationships, Disease Prevention..

Swimming class emphasis will be on Diving, Spring-board Diving, Snorkeling, and Canoeing and *Fitnessgram*.

Dance 4 Fitness class emphasis will be on learning the basic techniques of dance and performance during class and *Fitnessgram*. Dance 4 Fitness Activities could include but are not limited to: Aerobic Dance, Ballroom, Contemporary, Country, Cultural, Fitness Video's, Hip-Hop, Jazz/Modern, Jump Rope, Zumba

Grading guide: This is a standards-based grading class.

Standards-based guideline:

Progress indicator: to be used in teacher grade book for individual assignments/assessments.	Conversion of grade book body of evidence to letter grades.	Used for grade reports and transcripts.
Advanced a/A	In a variety of assessments, the student consistently and independently demonstrates proficiency in grade level concepts and skills and demonstrates advanced application/analysis when the opportunity exists.	A
Proficient p/P	In a variety of assessments, the student independently achieves proficiency in grade level concepts and skills with minimal assistance.	B
Partially Proficient pp/PP	With teacher or peer support, the student is able to demonstrate proficiency in grade level concepts and skills. Or, in a variety of assessments, the student inconsistently demonstrates proficiency.	C
Unsatisfactory u/U	The student demonstrates limited understanding and application of grade level skills and content but is making progress toward proficiency.	D
Unsatisfactory/Missing	The student has shown insufficient evidence to gauge progress.	F

Capital letters: summative or "major" assignments/assessment Lower Case: formative or practice assignments/assessments

(+)= denotes upper range within progress indicators

(-)= denotes lower range within progress indicators

Work habits-

In class expectations

It is expected that all students will dress and actively participate in each and every class period. Students should try to improve, learn rules, and learn strategies no matter what level they are at the beginning of the class. Students are expected to encourage their classmates and function on teams appropriately. It is expected that all students will be cooperative and show respect to each other and all instructors and teachers.

Full participation in **ALL** class activities and cooperation with teachers, student groups and individual classmates is important for progress toward meeting the PE standards.

Locks and lockers will be issued to students at the beginning of each semester. Students are responsible for their own belongings in the locker room. It is very important that students double check to ensure that their lock is locked on the correct locker. Teachers are **NOT** responsible for items lost in the locker room.

PE uniforms are required for ALL PE classes. Appropriate swim wear is also required for swimming classes.

PE Uniforms include: Aurora Central PE T-shirt, Aurora Central PE shorts, athletic shoes and white socks.

*Sweats may be worn as needed **over** the PE Uniform.

*T-shirts and/or shorts may be worn in the swimming pool as long as they are over a regular swimsuit.

Swimmers with a medical excuse will complete a dry land work out in a PE uniform.

Students are required to keep either a **notebook or a digital folder** on the schools server in order to show progress toward the standards. Notebooks or folders should include 6 dividers, 1 for each standard.

Attending class, being on time ready for instruction when the final bell rings, is essential to success in meeting the PE standards for this course. The Aurora Central Tardy and Attendance Policy will be applied in physical education. When a student acquires

Cell Phones and other electronic devices are **NOT** allowed in class.

Homework expectations

Physical Education is considered a *Core Content Course* by the Colorado State School Board.

Physical education is education of how to be healthy, mentally and physically. Students should value physical activity so that they have the minimum skills that allow a person to pamper their body and stay healthy for life.

Students will be assigned homework in my physical education classes.

Homework should be turned in by the expected due date.

Policies for absences and make-up work

To demonstrate proficiency, students must keep up with the pace of the class. It is the student's responsibility to find out what work they had missed due to an absence and complete make-up work. Students can make arrangements with the instructor to make-up participation time. For example, a student may attend another class if they have an open period.

Required/ recommended supplies-

Appropriate swim wear is also required for swimming classes.

PE Uniforms include: Aurora Central PE T-shirt, Aurora Central PE shorts, athletic shoes and white socks.

*Sweats may be worn as needed **over** the PE Uniform.

*T-shirts and/or shorts may be worn in the swimming pool as long as they are over a regular swimsuit.

Swimmers with a medical excuse will complete a dry land work out in a PE uniform.

Course fees-

Cost of notebook and dividers, thumb drive.

Physical Education Uniforms – **\$15.00**

Lifeguarding Book – **\$35.00** at the beginning of the second semester. (Lifeguarding Class only)

Lifeguarding Certification – **\$8.00** at the end of the lifeguarding course. (Lifeguarding Class only)

Other fees may apply for special events.

Fitnessgram

Fitnessgram is to promote lifelong physical activity. It is a comprehensive fitness assessment based on a battery of health-related physical fitness test designed to assess students' cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. *Fitnessgram* provides students with the knowledge, attitudes, and skills to be active for a lifetime.

(* Denotes mandatory pre & post test assessments.)

Aerobic Capacity (Assessment Examples)

***Pacer Test**

One-mile run/walk

Walk test

Swimming Laps

Body Composition (Assessment Examples)

* **Body mass index (calculated from height and weight)**

Percent body fat (calculated from triceps and calf skin-folds)

Bioelectrical Impedance

Muscular Strength, Endurance, and Flexibility

***Abdominal strength and endurance (curl-up)**

Trunk extensor strength and endurance (trunk lift)

Upper body strength and endurance

***Push-ups**

Modified pull-up

Flexed arm hang

Flexibility

* **Back-saver sit-and-reach**

Shoulder stretch

We understand the expectations and policies of the physical education class:

Students Name: _____

Class Name: _____ Period: _____

Students Signature: _____

Parents Name: _____

Parents Signature: _____