

# FAST FORWARD CHARTER HIGH SCHOOL 9-12

*Promoting success, respect, and responsibility in a safe environment*



## ***Dynamic Fitness***

**Teacher:** Ms. Sharrah Akina

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### **Course Description**

This course has been designed to develop positive health and fitness practices for maintaining a healthy lifestyle. The purpose of this exercise class is to enhance the health related components of fitness which include cardio respiratory endurance, muscle strength and endurance, flexibility, and body composition with emphasis on cardio respiratory activities such as walking, jogging, jump roping, and high and low impact aerobics. Reasonable accommodations will be provided to qualified persons with disabilities upon request.

### **Course Objectives**

Students will be able to distinguish between anaerobic and aerobic type of activities. They will see an improvement in their cardiovascular endurance and strength, while increasing their fitness awareness and improving their attitude towards overall fitness. Students will learn that fitness is a lifelong skill and can be fun.

### **Class Rules**

1. **Be Ready** – Be on time and prepared with gym clothes, appropriate shoes, and a positive attitude.
2. **Be Respectful** – Have respect towards the teacher, other students, yourself, and the equipment.
3. **Be Responsible** – Each student is responsible for his/her own actions. This includes class work, effort, attitude, and how you treat others and yourself.
4. **If you can't remember what to do, go back to rule #2.**

### **Evaluation**

Grades are determined based on a percentage system:

A	93-100	C	74-76
A-	90-92	C-	70-73
B+	87-89	D+	67-69
B	84-86	D	64-66
B-	80-83	D-	60-63
C+	77-79	F	0-59

- Daily Attendance - This is an activity class. Ten (10) points will be earned each day. **Students are required to have good supportive tennis shoes, a shirt and sweats/shorts to change into daily.**
- Daily work - 70% of total grade comes from participating and dressing.
- Project - Each student will design an individual exercise program for 20% of their final grade. Details will be given in class.

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Please indicate on the line below if your son/daughter has any medical condition (as authorized by a certified physician) or concern that could affect his/her performance in class.

STUDENT'S NAME: \_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian Signature & Date: \_\_\_\_\_

Parent/Guardian Email address: \_\_\_\_\_

## GRADING RUBRIC

10 Points per day

 <p><b>Excellent</b> 9-10 points</p>	<ul style="list-style-type: none"><li>• Prepared for class – dressed in appropriate shorts and shirt</li><li>• Arrived on time for class</li><li>• Participated and dressed</li><li>• Was on-task during entire class time and only needed one prompt to get back on-task</li><li>• Followed class/school rules (i.e. no gum, food or drink)</li><li>• Was respectful towards peers, teacher, and equipment</li></ul>
<p><b>Above Average</b> 7-8 points</p>	<ul style="list-style-type: none"><li>• Prepared for class</li><li>• Participated but did not change into shorts/sweats</li><li>• Was on-task during entire class time and only needed two prompts to get back on-task</li><li>• Followed class/school rules</li><li>• Was respectful towards peers, teacher, and equipment</li></ul>
<p><b>Average</b> 5-6 points</p>	<ul style="list-style-type: none"><li>• Not prepared for class - did not dress</li><li>• Tardy for class</li><li>• Was on-task the majority of class time was given 2-3 prompts to stay on task (May have been moved from assigned place)</li><li>• Followed class/school rules</li><li>• Was respectful towards peers/teacher</li></ul>
<p><b>Below Average</b> 3-4 points</p>	<ul style="list-style-type: none"><li>• Not prepared for class</li><li>• Tardy for class</li><li>• Did not participate</li><li>• Was given 3-4 prompts in order to complete assignment</li><li>• Was given one prompt and reminded about school/class rules</li><li>• Was disrespectful towards peers/teacher</li></ul>
<p><b>Poor</b> 0-2 points</p> 	<ul style="list-style-type: none"><li>• Absent or did not participate</li><li>• Not prepared for class</li><li>• Tardy</li><li>• Was given several prompts to stay on task. (was moved from assigned place)</li><li>• Was prompted 2-3 times about class/school rules</li><li>• Received a write-up for improper conduct</li><li>• Was disrespectful towards peers/teacher</li><li>• Was asked to leave the classroom because of improper behavior</li></ul>