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Course Description

Students will have wellness every day for one semester. Students have selected a course from one of the follow: active games, health club fitness, lifetime activities, walking/initiative games. See course descriptions listed below.

Learning Target and Society of Health and Physical Educators (SHAPE America)

DCSD Learning Target: Improvement of a student's cardiovascular endurance during the course of the semester.

Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Assessments

Students will be assessed using the some of the following:

1. Goal setting exercises
2. Minutes spent in their target heart rate zone
3. Unit reflections (self and peer)
4. Written quizzes and tests
5. Fitness testing
6. Projects

Chosen assessments will be up to the discretion of the individual teacher.

Content

In addition to the units in each class, students will be introduced to health and wellness concepts promoting a healthy, active lifestyle.

Instructional Strategies

Teacher will use various to include direct instruction, video analysis, goal setting, and cooperative learning.

Academic/Behavioral Expectations (rules, consequences, makeup)

1. Students are not allowed to have cell phones or any other electronic devices in class unless approved by their teacher. Cell phones may not be used in the locker room.
2. Profanity will not be tolerated.
3. Students are expected to respect teachers, classmates, equipment, and themselves.
4. Students must come to class ready to participate with activity clothing, athletic shoes, heart rate monitor strap, and other required items designated by their teacher. Each student is given a heart rate monitor strap. If this is lost, the student will need to pay a \$15 dollar replacement fee in the business office.
5. Students must lock up valuables in their lockers. Students will be provided a lock/locker to use during class. Each student is responsible for their own belongings. No food or drink is permitted in the locker room. Students will report to the locker room at the beginning of class and back to the locker room after activity until the final bell rings.
6. Students will have the opportunity to make up an absence on the designated morning of the week from 7:00 to 7:25 am. This must be arranged with the individual teacher and take place within 2 weeks of the absence.

Grading Plan

(5 points) Cardiorespiratory Endurance Students will participate in lessons using Polar heart rate monitors/sensors to determine minutes spent in the target heart rate zone. Students will be graded using a target heart rate training zone and minutes spent in this zone.

(5 points) Unit and Activity Progression Students will be graded on physical activity performance outlined by performance criteria/rubrics, daily lesson expectations, skill progression, warm up activities, etc.

It is up to the teacher's discretion whether or not the students will be evaluated on a 5 or 10 point scale based upon the activity for the day.

Grading Scale

90-100% = A+/- 80-89% = B +/- 70-79% = C +/- 60-69% = D +/-
59 or below = F

Communication Plan

Student progress will be available using Power School weekly. Individual teachers may be contacted by phone or email.

Medical Releases

If a student has a medical release from a physician, all paperwork must be on file with the nurse. After this occurs, the student will be sent to the LRC to do an assignment. Students are expected to bring other work with them if the assignment is finished early. Students will report to the locker room at the beginning of class and back to the locker room after activity until the bell rings.

Course Descriptions

STRENGTH TRAINING/CONDITIONING/FITNESS PED152

Semester Course 1 Credit

Open to: all students

Prerequisite: none

Students will perform conditioning exercises for the major muscle groups of the body and execute the various exercises needed to enhance the overall development of the body. Units will include fitness-based activities and exhibit safe participation behavior during the exercise period. Classes incorporate a variety of fitness-based activities. Assessments may include written work and fitness testing. Pedometers and Heart Rate Monitors will be used as an assessment tool.

HEALTH CLUB FITNESS PED153

Semester Course 1 Credit

Open to: all students

Prerequisite: none

Students will participate in a variety of fitness-based activity classes that would be taught in a health club setting. Classes may include units in stability ball workout, Pilates, yoga, killer abs/arms or any new fitness trends and general health education. Classes incorporate a variety of fitness-based activities and will have the opportunity to use the Fitness Room. Assessments may include written work and fitness testing. Pedometers and Heart Rate Monitors will be used as an assessment tool.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

INDIVIDUAL/DUAL SPORTS & FITNESS PED155

Semester Course 1 Credit

Open to: all students

Prerequisite: none

This course provides students with knowledge, experience, and an opportunity to develop skills in sports such as tennis, golf, badminton, pickle-ball, jogging/walking, and other lifetime fitness-related activities. Assessments may include written work or fitness testing.

Pedometers and Heart Rate Monitors will be used as an assessment tool.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the State of Iowa.

ACTIVE GAMES & FITNESS PED156

Semester Course 1 Credit

Open to: all students

Prerequisite: none

Students will have the opportunity to play in competitive team sports. Students will be involved in very active games where effort and teamwork are essential. Games will include basketball, dodge ball, ultimate Frisbee, and other active team activities. Units include general health education and fitness-based activities. Students will exhibit socially acceptable behavior and provide examples of sportsmanship and fair play. Classes incorporate a variety of fitness-based activities. Assessments may include written work and fitness testing.

Pedometers and Heart Rate Monitors will be used as an assessment tool.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.

WATER FITNESS & GAMES Hempstead PED159

Semester Course 1 Credit

Open to: all students

Prerequisite: must be able to swim comfortably in the deep water

Students will participate in fitness activities and games in the pool. Activities may include lap swimming, water jogging, water aerobics, deep-water aerobics, water polo, water volleyball and active pool games. Units include general health education. Students will exhibit socially acceptable and safe behavior. Assessments include written work and fitness testing.

Students must provide their own swim suits and towels.

COMMENT: Prior to graduation, all students must demonstrate competency in cardiopulmonary resuscitation as required by the Iowa Core.