Conditioning PE Syllabus

Teachers:

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**Course Description:** This class will provide students’ knowledge and pertinent information on a variety of workouts and exercises. Students are able to set and work toward individual goals which may include: developing sports skills, losing or gaining weight, aerobic fitness, and muscular strength.

**Statement of Purpose:**  Students are given the time and opportunity to increase their self-esteem by achieving their personal goals through hard work throughout the school year! The students are experiencing the benefits of lifelong fitness.

**Evaluation Criteria:**

 Daily Participation- 100 % of semester grade

 -10 Participation points per day

 Includes Dressing out, exercising, class participation and attendance!

 **When injured/sick a medical waiver will be needed to receive participation/attendance points!**

 First Semester= 45 %

 Second Semester=45%

 Exam=10%

**Classroom Discipline:** All Handbook Rules Apply! ***Be respectful of everyone!***

**Preparedness:** Students must have proper physical education attire which includes shoes with non-marking soles, shorts/ sweat pants, t-shirt/ sweatshirt. Be prepared for indoor and outdoor activities. Students must provide their own toiletry items for showers and this includes towels. Daily points will be deducted if students are not properly dressed!

**Miscellaneous:**

1. ***Students are responsible to lock up their belongings. The school and teachers are not responsible for stolen items!***
2. No glass containers are allowed in locker rooms
3. Food and drinks are not allowed in the weight room or in the gym.
4. Students must be in the gym before the bell rings or they will be marked tardy.
5. Students will lose points if they go into the locker rooms before being dismissed by teacher.