

Health and Fitness Syllabus

Class Objectives:

1. Students will be introduced to fundamental and complex movement skills and learn safety as it relates to each unit.
2. Students will maintain/improve strength and flexibility through daily warm-ups.
3. Students will continuously assess personal fitness through daily exercise and fitness tests.
4. Students will demonstrate accountability by following class procedures.

Grading Procedure:

Students can earn 10 points each day by following class procedures and fully participating in all activities.

*5 points earned for following class procedures: uniform, appropriate shoes, no gum or jewelry.

*3 points for warm-up exercises

*2 points for demonstrating skills and safety specific to each unit.

*0 points for not dressing down, failure to participate and/or wearing unsafe shoes.

Final Grade:

60%: daily grade (includes class procedures and participation)

40%: final fitness scores and classroom-based assessments