Food & Fitness Summer PE

Course syllAbus

IMPORTANT INFORMATION:

* Class is held Monday-Friday from July 8-August 2.
* **Class meets in the Issaquah High School commons at 8am SHARP every morning unless otherwise notified.** Very important to plan on being 5-10 minutes early each day to accommodate for traffic and unforeseen issues. If you arrive late to class and we’ve left campus already, you are considered absent.
* Class ends at 11:00am at Issaquah High School ***unless otherwise notified.***
* Students are to come dressed in athletic gear appropriate for day’s activities (see below for more detailed information regarding this)

Objectives

* Develop intrinsically motivated, lifelong fitness habits.
* Improve knowledge of proper nutrition and gain experience cooking meals for themselves and family members
* Develop the motor skills necessary for individual and team sports and activities.
* Gain fundamental information regarding physical activities that promote good health.
* Increase flexibility, muscular strength, motor coordination, and cardiovascular strength.
* Work cooperatively with others.

# Participation Policy

1. **Attendance**- Dailyparticipation is a key component for success in physical education and primarily in this course.  There are only 4 weeks in this course so it is EXTREMELY IMPORTANT that students are in class each day to receive credit and a passing grade**. If a student misses more than 2 days** (6 hours) **they will lose credit in the course.** For every excused hour of class that students miss (up to 6 hours…2 days), they can do a PE make up held immediately after class every Thursday from 11:00-11:30am. Because this is a 4 week intensive course, any illness/injury/emergency that requires a student to miss more than 2 days (6 hours) will result in the student being dropped from the course**.** However they will NOT receive an F on their transcript. They will just not receive any credit, grade, or refund from the course.
2. **Attire**--Athletic shorts or sweat pants, an appropriate athletic T-shirt or tank top, socks, and non-marking tennis shoes. No cargo shorts or denim shorts. Students must be dressed for all types of weather as it is the Pacific Northwest! Please bring a sweatshirt or jacket and comfortable tennis shoes that you can hike in, run in, and play sports in. We will be doing A LOT of walking both around campus and around town.

1. **Tardiness**- Students are tardy if they are not in commons ***by 8:00am***. Tardies have a direct and negative result on a student’s grade. Please understand the traffic around the Issaquah High School area is HORRIBLE so you must plan accordingly. As mentioned above, please plan on being at least 5-10 minutes early each day.

3 tardies = 1 hour absent

15 minutes late = 1 hour absent (or more, depending on if we’ve left on an extended activity)

1. **Food and Drink**- Students are permitted (and encouraged!) to bring water to class. They can also bring light snacks. Food needs to be packed away until appropriate times to eat.

.

1. **Citizenship**- Students are to exercise prudent and mature behavior at all times. Please, no profanity or inappropriate language. All standard school rules will be in enforced. Cell phones are allowed in their backpacks, but NOT on their person. Points will be taken if a cell phone is used at all during class (unless otherwise allowed for an activity).

Weekly home cooking projects

* Students will be assigned a weekly home cooking project where they will be planning, preparing and cleaning up a healthy meal for their family. These projects will be due by 8am Friday morning of *each week*. Students are encouraged to turn the projects in early, but NO LATE WORK WILL BE ACCEPTED AT ALL. Only one cooking project can be done and turned in a week with 4 TOTAL being assigned

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Category** | | | | | **Description** |
| Daily Participation (75%) | | | | | This class requires active participation in physical fitness, therefore, it is essential that you engage yourself and work to the best of your ability! Students can earn up to **30 points per day** based upon participation. Wearing the proper attire and bringing any necessary equipment with them to class is part of this portion of their grade.  Students will also be evaluated on their personal effort and working together to maintain a positive classroom environment. They are also graded on keeping up with the group and working hard to push themselves in every activity we do.  I will adjust your points if you don’t work to the best of your ability, so…work hard!  Students may be asked to help plan and lead various activities throughout the course. This is the leadership portion of their grade. |
| Assignments (15%) | | | | | There will be various journal entries and weekly home cooking projects that students will be required to do during the course. |
| 5k (10%) | | | | | Participation and performance on district 5k assessment. |
| A | 93% | C | 73% |
| A- | 90% | C- | 70% |
| B+ | 88% | D+ | 68% |
| B | 83% | D | 60% |
| B- | 80% | F | 59% |
| C+ | 78% |  |

**OFF CAMPUS FIELD/ACTIVITY TRIP**

**PARENT/GUARDIAN PERMISSION FORM**

**Dear Parent/Guardian:**

During the course of the school year, your son/daughter will have the opportunity to participate in cardiovascular activities, under adult supervision, to the Issaquah Alps hiking trails and other sites in the proximity of Issaquah High school.

Your signature below gives permission for their participation in these excursions from **July 8, 2019** to **August 2, 2019 (summer school session)**.

**In the event of an accident or illness, I understand that every reasonable effort will be made to contact the parent/guardian immediately. However, if I am not available, I authorize the school district to secure emergency medical care as needed. These activities provide a learning experience for the students and allows them an opportunity to apply their classroom learning.**

**Although I understand that the school district will make every reasonable effort to provide a safe environment, I am fully aware of the special dangers and risks inherent in participating in the activity, which may include physical injury or other consequences arising or resulting from the activity.**

**Being fully informed as to these risks, I hereby consent to my student participation in field/activity trips mentioned above.**

*Please sign form on next page…*

Please let me know that you have looked this class syllabus over. Your signature below acknowledges that you have:

(Please check off)

* Reviewed the Food & Fitness Summer PE syllabus
* Reviewed the Off Campus Permission Form and:

|  |
| --- |
| * + I give my approval for my son/daughter to go off campus for PE activities. (Parent initial \_\_\_\_\_\_)   The following regular/emergency medication \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for the student named below needs to be taken at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  (Time)  [ ] I will provide it along\_ with the required Administration of Medication Form. |

Print Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone (cell preferably)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_

Alternate emergency contact (name & #) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Please return a completed and signed copy of this page on Monday, July 8 (it’s worth 20 points). If it’s not turned in by this date, students will not be allowed to participate on that day and that activity CANNOT be made up. We WILL be going off campus the first day of class.

Course Outline

Because of the unique design of this course, students will have the opportunity to experience a variety of fitness activities in and around the Issaquah community. We will not be limited to just our campus. Some of these activities will have an added cost, but because of the generosity of many area businesses, we have received heavily discounted rates for most of them.

Below, you will find our tentative schedule (weather permitting) of the off campus activities, their locations, if personal transportation is required, and any cost and/or equipment that students will be required to bring in order to participate in the activity. In most cases, equipment is available to be rented from the venue (i.e. bowling or golf); however students are encouraged to bring their own equipment if they have it. Students are responsible for bringing cash on the day of the activity to be paid to the vendor. Please be aware that plans may change according to weather that would be less than conducive to say golf. I’m trusting that students (and parents) will be flexible and accommodating to these possible changes.

Students also will be made WELL AWARE of any activities the days leading up to these activities. We will be discussing them with the kids and ensuring that everyone understands where to meet and what is required of them.

Date Time Location Transportation? Equipment/Cost

7/10 9am-10am Eastside Kickboxing\*\*\* Walking, no trans. necessary Nothing/$10

7/17 9am-10am Eastside Kickboxing Walking, no trans. necessary Nothing/$10

7/24 9am-10am Eastside Kickboxing Walking, no trans. necessary Nothing/$10

7/15 & 7/16 8am-9am Hot Yoga Experience\*\*\* *Personal transportation* Nothing/$5

755 NW Gilman Blvd Suite M *required* Bring own yoga mat

Issaquah, WA Class meets @ location

7/31 & 8/1 9am-10:30am Hip hop dance instructor Class @ IHS Nothing/$10

No trans. necessary

7/30 & 8/2 8:00am-11am Mount Si Golf Course \*\*\* *Personal transportation* Nothing/$50 covers 9010 Boalch Ave. SE *required* club rental. Bring own

Snoqualmie, WA 98065 Class meets @ location clubs if desired

\*\*\*Eastside Kickboxing is taking us in 3 different groups as they can’t accommodate the entire class at once. So while it’s listed 3 different times, students will only be doing the activity ONCE.

\*\*\*Hot Yoga is taking us in 2 groups as they can’t accommodate the entire class at one time. So they will only be doing the activity one time and meeting ONCE at the studio. However, Transportation is only needed TO the studio (drop off at 8am) as the group will walk *back* to the school afterwards. So pickup will still be at IHS at 11am.

\*\*\*The Mount Si Golf Days will be a full day in Snoqualmie.

Please arrange for transportation to the Golf course arriving by 8am and pick up at the same place at 11am.

.