

Central Linn High School

High School Physical Education/ Weight Training

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Course Objectives/State Standards

1. The physically literate individual **demonstrates competency in a variety of motor skills and movement patterns.**
2. The physically literate individual **applies knowledge of concepts, principles, strategies and tactics** related to movement and performance.
3. The physically literate individual **demonstrates the knowledge and skills** to achieve and maintain a health-enhancing level of physical activity and fitness.
4. The physically literate individual **exhibits responsible personal and social behavior** that respects self and others.
5. The physically literate individual **recognizes the value of physical activity** for health, enjoyment, challenge, self-expression and/or social interaction.

Expectations

- No food or drinks (other than water) in gym.
- No cell phones.
- Swearing- you will be encouraged to do 5 push-ups per letter of word/OR referral. Your choice.
- Keep locker rooms clean.
- Lock up your stuff- each student will be issued a lock.
- If you need to leave class for the restroom or anything else- ASK first.
- Take care of equipment and report if broken.
- Use deodorant and practice good hygiene.

Covid expectations:

- Wear mask while inside
- Wear mask when outside and social distancing can not be met
- Not allowed to leave classroom without permission at any time

Appropriate Clothing

- T-shirt or tank –top (no cut out, open-chested shirts)

- Keep body covered appropriately (Cover up chest, rear, stomach)
- Shorts or exercise pants- short length must be appropriate
- Athletic shoes with proper support- no shoes that scuff floor and leave marks
- Wear clothes that aren't going to be a distraction for someone else
- Be comfortable

Cell Phone Policy

Cell phones should be left in locker rooms locked up in the teachers office or lockers during PE class.

3 strike policy:

Strike 1- warning

Strike 2- student puts phone in phone box locked in teacher office

Strike 3-phone will be held in office

****Repeated offenses** = Major Behavior Tracker= Parent phone call = Chat with Ms. Patterson-Dean of Students

Grading

Everything done in this class is an assessment. Your grade is based 100% on assessment scores.

Assessments will be: physical fitness testing, dressing down, skill tests, participation, effort, attitude, and written assessments.

Grading Rubric for Assessments

R=Received but not yet graded

Z= Assessment was not submitted

0= incomplete, not enough evidence to assess

1= does not yet meet standard/learning target

2= nearly meets standard/learning target

3= meets standard/learning target

4= exceeds standard/learning target

The following units will be taught and explored during the PE course of the semester

1. Team Handball
2. Flag Football
3. Ultimate Frisbee/Disc Golf
4. Track & Field
5. Softball/Baseball/Kickball
6. Volleyball
7. Fitness Testing
8. Basketball
9. Archery
10. Golf
11. Pickleball
12. Badminton
13. Dodgeball
14. Soccer

Weight Training Course Objectives: Students will be able to:

- Demonstrate correct training methods used in weight training.
- Identify weight loads, number of sets, and repetitions in various weight training programs.
- Develop and plan a series of exercises in order to maximize the benefits of a weight-training program.
- Explain the importance of performing large muscle group exercises prior to small isolated muscle group movements.
- Describe why the alternating method of push-pull or upper body-lower body exercise method is performed in order to maximize training benefits.
- Describe the importance of determining the amount of rest needed between sets and workout routines in order to maximize training.
- Describe the causes and effects of over-training.
- Identify the major muscle groups of the body.
- Identify how to properly use the two major types of weight training equipment, machines, and free weights.
- Demonstrate the proper technique in executing various lifts.
- Describe the importance of the "warm-up" and "cool-down" phase of the training program in order to prepare the body for stress and recovery.
- Demonstrate the proper spotting techniques for various lifts.
- Identify the harmful effects of anabolic steroids and dietary supplements on the body and how they affect the weight training program.

