

## **Fitness and Leadership Behavior Expectations, Discipline Policy & Grading Policy**

*The heart of Fitness and Leadership is effort and determination. That being said, the expectation of all students in this course is to participate at the highest level possible at all times. Advanced skills and strategies will be used to further students abilities in the activities offered. Basic skills will be revisited if need be, but the goal is to reach a higher levels of competition and understanding.*

*The leadership aspect of this course requires each student to team teach, with either a partner or a small group, a lesson that pertains to a unit being covered this year. Groups will be made by the classroom teacher and a specific skill will be given to that group (i.e. dribbling in basketball or an overhand serve in volleyball). The group will then take that skill and design a lesson that consists of drills and skill building activities that enhance the class's ability in that specific skill. (See attached grading rubric)*

*I hope to have an exciting and fun filled year where we take our game to the next level!*

### **Behavior Expectations:**

1. Respect People and Property – i.e. no rough physical play, damage to property, no name calling or “put downs,” and no fighting
2. Use Appropriate Language and Voice Level – i.e. no insulting, teasing, swearing, talk of inappropriate subjects, or loud yelling
3. Ask Permission to Leave Group/Group Area – i.e. to use bathroom, to get water, stay with group when outside classroom
4. Be Responsible for Personal Things and Group Area – i.e. take all belongings with you when you leave, and help the group clean up at the end of activities
5. Listen Respectfully when Directions are Given – i.e. circle up when you hear the whistle, follow directions after the first time they're given, and quiet when someone else is talking
6. Ask for Time Out or Personal Time when Needed – i.e. talk with an adult if you are having a problem with another person or you need to take a break.
7. Give New Activities and Ideas a Chance – i.e. always put forth your maximum effort
8. Proper attire for class: i.e. make sure you are changed and wearing proper fitness attire.
  - T-shirts or work out shirts that meet with school dress code
  - Gym Shorts, windbreaker pants, or sweatpants
  - Sneakers (**Boots, flip flops, sandals are not allowed for use on the gym floor**)

**Discipline Policy:**

*When problems arise in the classroom, these are the steps taken to maintain a positive learning environment.*

- Verbal Warning #1 – give clear and specific direction to student
- Verbal Warning #2 – reminder of specific expectation and behavior
- Time Out/Break – students will be asked to go to the “Chill Zone” to think about how they can have an easier time for the rest of the day and share their idea with the teacher.
- Sent out of Classroom and Call Home

**Grading Policy**

Students will be given a daily grade that gives them three points for each of the eight points listed in the behavior expectations above for a total of 24 points each day. At the end of each unit there will also be a quiz on the topic that was covered. Quizzes will include game rules, strategies that were used, as well as the equipment and its purpose to the game. Quizzes and daily grades will be calculated using a points system.

In addition, everyone during one marking period will give their student-lead presentation worth one hundred additional points. This means that for that particular marking period, their point total will be a hundred points higher than students who did not present in that marking period.

At the end of every marking period, the total number of points earned by each student will be divided by the total points possible.

**Students who are absent on quiz days are expected to be responsible for scheduling a time to take the quiz. Students are also expected to be responsible for their own class work on days they are not here.**

## Fitness and Leadership Curriculum

**Soccer-** Students will work as a team to develop trapping, passing, and shooting skills as it pertains to the game of soccer. We will also go over defensive and offensive strategies as well.

**Frisbee Golf-** This individual sport will consist of students learning how to throw specialized Frisbees that will help them effectively use those Frisbees to hit specific targets.

**Volleyball-** students will work in groups to develop bumping, setting, and spiking skills as they pertain to the game of volleyball. Defensive positioning and offensive strategies will also be our focus.

**Nitro-ball-** this volleyball spin off will work on the same kinds of skills as that of volleyball, with a few minor changes to student approach to the ball. The approach really changes because the ball is played off a bounce rather than out of the air, and the net is on the ground rather than eight feet in the air.

**Badminton-** Students will play singles as well as doubles matches. Effective volleying, spiking, and drop shots will be the main focus of our lessons. We will also discuss defensive positioning and offensive strategies that help strengthen one's ability to be successful in this fast paced game.

**Pickle-Ball-** the skills and defensive strategies used in badminton are used in the game of pickleball the only differences are that the net is on the ground and you are using wooden paddles and a round ball.

**Snowshoeing-** Students will be asked to learn how to effectively use snowshoes in order to enhance their ability to move through thick snow and wooded terrain. This lifelong activity will be a great way for students to find pleasure and remain active during the cold winter months.

**Dancing with Coordination-** Students will learn dance steps to some coordinated dances and also with the help of YouTube clips participate in some dances from **Just Dance** that are normally a really big hit. (i.e. the electric slide, cotton eyed Joe, cha cha slide to name a few)

**Basketball-** Students will learn effective ways to improve shooting, dribbling, passing, and rebounding skills. Offense and defensive strategies as they pertain to the game of basketball will also be taught to improve the effectiveness of competition.

**Floor Hockey-** Students will learn basic passing, receiving, shooting, and stick safety skills that will improve their ability to move the puck from one end to the other effectively and in a safe manner. Defensive and offensive strategies will also be incorporated to enhance the game-play.

**Olympics-** Students will be broken up into teams and given a country which they will represent by competing in various physical fitness activities. (i.e. shot-put, discus, and 200 meter dash.)

**Bicycling- Students** will learn bike safety techniques. (i.e. braking techniques as well as how to signal for left and right turns). We will be learning also how to ride effectively on the side of the road as well as up trails that run through wooded areas.