

Grade Level:	High School
Class Title:	Lifetime Fitness
Subject:	Physical Education
Class Description:	<p>Physical education will focus on equipping students to make responsible decisions and incorporating healthful physical activities into daily living. This is accomplished through motor skill learning and proficiency for use in games, sport, and leisure activities; health/fitness knowledge, awareness, and development; as well as promoting positive attitudes and behaviors. An emphasis on sportsmanship, cooperation, and participating within specified guidelines will also be a part of the class.</p> <p>This class will work toward one or more OSPI Fitness standards. This will be a year-long class, spanning the 2018-2019 school year.</p> <p>This course meets at least one Washington State Physical Education and Health Education K-12 Learning Standards and if all requirements of this course are met, students can earn .5 or 1.0 credits this school year. 75 hours are needed for a .5 credit with logs or 150 hours for a 1.0 credit. This course is a graduation requirement.</p>
Learning Materials:	Fitness Log will include fitness, strength, cardio and flexibility.
Learning Goals/ Performance Objectives:	<ol style="list-style-type: none"> 1. The student acquires the knowledge and skills necessary to maintain an active life-physical fitness and health. 2. Demonstrates sportsmanship and cooperation during a variety of competitive activities. 3. Demonstrates offensive, defensive, and cooperative strategies. Shows personal benefits of making positive health and fitness improvements. 4. Explains the phases of a workout- Warm-up, stretch, physical activity, cool-down 5. Understands and can explain a balanced diet 6. The student regularly participates in physical activities to promote an active life <p>A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP.</p>
Learning Activities:	<p>The student will complete a log with time spent and activities that support this class and verify the estimated hours per week. Logs can be picked up in the office. The student will provide the monthly log to his/her consultant each month.</p> <p>Below is a list of possible PE activities that a student may take part in with either a group or in an individual setting. This is not meant to be an exhaustive list, but one that could be used to choose appropriate activities.</p> <p>Running, jogging, karate, swimming, ice skating, hockey, basketball, baseball, football, softball, archery, ping pong, pickle ball, badminton, tennis, soccer, capture the flag, field hockey, 4-square, relay games, tether ball, freeze tag, gymnastics, etc.</p>
Progress Criteria/ Methods of Evaluation:	Satisfactory or unsatisfactory progress will be based on participation and the amount of time spent in the activity. Keeping a log of exercise time and the activity carried out is a requirement and will be used to evaluate the progress of this course.

[Student's name] will keep a log to present to consultant at face-to-face meetings each month. Monthly Progress will be marked satisfactory or unsatisfactory based on the professional judgment of the certified teacher using parent input and information recorded on the log.