

<b>Grade Level:</b>	<b>High School</b>
<b>Class Title:</b>	<b>Personal Fitness</b>
<b>Subject:</b>	<b>Physical Education</b>
	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.
<b>Class Description:</b>	<p>This class will work toward one or more OSPI Fitness standards.</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>
<b>Learning Materials:</b>	<p>Fitness Log will include fitness, strength, cardio and flexibility. SMART goal activity.</p>
<b>Learning Goals/ Performance Objectives:</b>	<ol style="list-style-type: none"> <li>1. The student acquires the knowledge and skills necessary to maintain an active life-physical fitness and health.</li> <li>2. Demonstrates sportsmanship and cooperation during a variety of competitive activities.</li> <li>3. Demonstrates offensive, defensive, and cooperative strategies. Shows personal benefits of making positive health and fitness improvements.</li> <li>4. Explains the phases of a workout- Warm-up, stretch, physical activity, cool-down</li> <li>5. Understands and can explain a balanced diet</li> <li>6. The student regularly participates in physical activities to promote an active life</li> </ol> <p>A team of certificated teachers who are highly qualified in this subject matter has reviewed this WSLP.</p>
<b>Learning Activities:</b>	<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 outside of Ms. Lien's room.</p> <p>The student will provide the monthly log to his/her consultant each month. A SMART goal will be completed by the student to show understanding of setting and working toward a positive physical fitness outcome. The guiding hand out can be picked up outside of Ms. Lien's room.</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>
<b>Progress</b>	Satisfactory or unsatisfactory progress will be based on participation and the amount of

**Criteria/  
Methods of  
Evaluation:**

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.

Final grade will focus on the following rubric:

A- Student has completed required hours for this course. Student has met monthly with Ms. Lien (on time) to go over fitness log and hours. Has shown progress toward fitness goals **each** month during monthly meetings. Student has completed a SMART fitness goal setting activity and has tracked their progress toward their goal.

B-Student has completed required hours for this course.

Student has met monthly with Ms. Lien (on time) to go over fitness log and hours.

Has shown progress toward fitness goals each month during monthly meetings.

Student has completed a SMART fitness goal setting activity.

C- Student has completed required hours for this course. Student has met monthly with Ms. Lien (on time) to go over fitness log and hours. Student has completed a SMART fitness goal setting activity.

F/NC- Student has not completed required hours or SMART fitness goal setting activity.

Student has not shown progress toward achieving their required hours and fitness goals.

[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.