

# P.E. Advanced Weights Syllabus

## RCAS Policies/Procedures

Students will be required to follow all RCAS policies and procedures. To view the RCAS High School Student Handbook, click [Weight Training and Personal Health](#).

## Course Description

The emphasis of this class will be for the development of strength, power, and muscle endurance. An emphasis will also be placed on the cardiovascular system. Students will learn advanced weightlifting techniques and will train at a high level of intensity. Cardiovascular circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, and stability balls. **Physical fitness testing will be required throughout the semester.** During the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

## Grading

### • GRADING PROCEDURE IN PHYSICAL EDUCATION

- Your grade is based on your preparation, participation, effort, responsibility & respectfulness, and completion of work. Each day will be worth 20 points. Written work may be added to this point system. Your semester grade will be determined by the percent of the total points you earned out of the total points possible for the semester.
- **Preparation, Responsibility and Respectfulness:**
- 10 points - dressed for physical education (appropriate t-shirt, shorts or sweats, tennis shoes and notebook).
- 0 points - not meeting criteria.
- **Participation, Effort and completion of workout:**
- 10 points - complete all warmups and activities.
- 0 points - not meeting criteria.
- **You may also lose points if:**
- **10 Points**
- Not in your assigned seat at the beginning of class.
- Not in your assigned seat in the bleachers at the end of class (hanging out on the track, etc.).
- Inappropriate language (profanity).
- Talking at inappropriate times (when the teacher is talking, video is playing, etc).
- Not following school policies...Hat and/or hoodies up when coming to class or in class.
- **No electronic devices-cell phones, ear buds, etc. (When I start class, and until you dress out)**
- Poor sportsmanship
- Inappropriate use of equipment (you will pay for equipment you break)
- Academic Dishonesty...filling in weight lifting form without doing the exercises
- **20 Points**
- Absences (except for school-related absences)
- Refusing to dress out for class.
- Students more than 15 minutes late will be counted absent.
- Leaving class before excused (unexcused absence)
- Removed from class for inappropriate behavior and insubordination (will be sent to the office).
- **\*\*\* IF YOU ARE CAUGHT CHEATING ON A TEST OR QUIZ, YOU WILL RECEIVE AN F (NO CREDIT) FOR THAT QUIZ OR TEST.**

### • REQUIREMENTS FOR PHYSICAL EDUCATION

- Dressed in attire for physical activity EVERYDAY!

- A t-shirt with sleeves that reaches hip level (no crop tops, tank tops, muscle shirts, cut down shirts, profane words or pictures, beer, or tobacco ads).
- Gym shorts, sweats, or leggings.
- Socks and gym shoes with non-marking soles
- **Will not be allowed in weight room if you are wearing sandals, slides, slippers, boots, duds and crocs. This is a safety hazard.**
- Notebook to journal workouts.
- Boys will need a combination lock for their locker if needed (not a key lock).
- **REQUIRED ENTRANCE** to the locker rooms is through the back stairwell on the track, and **EXIT** to the gym out the locker room door on the gym floor level to get to the bleachers. **Do not enter the locker room through the gym floor level.**
- Dressed and in **YOUR ASSIGNED SEAT** in the bleachers 5 minutes after the tardy bell rings. You are considered tardy if you are somewhere else and not in your assigned seat. All cell phones, iPods and other items that may cause a distraction need to be put away at this time.
- Towels are not provided. Bring your own towel to use after class to shower.
- Always conduct yourself properly. Proper conduct does not include foul language, horseplay, or poor sportsmanship.
- Active participation in **ALL** activities **EVERYDAY** to the best of your ability will be expected of you, even on days of extracurricular events.
- After changing/showering, **SIT in the assigned seat in the bleachers until you are dismissed. Do not sit on the railings or wait on the track for the bell to ring.**
- You will be marked for an unexcused absence if you leave the gym or class before you are dismissed.
- Wash your gym clothes often.
- Limited and Non-participation due to injury/illness requires a note from a parent/guardian or physician if you are out longer than a few days.
- No gum, candy, straws, suckers, or other food are permitted in class. Water is strongly encouraged contained in spill-proof, non-glass containers. **NO POP!!**
- **Leave back packs, ID's, phones, ear buds in the bleachers**

## Textbook

## Reading

## Optional Reading

## Instructional Resources

Weight training booklet and Canvas

## Essential Questions

- *What different ways can the body move given a specific purpose?*
- *How can we move effectively and efficiently?*
- *What can we do to be physically active and why is this important?*
- *Why is it important to be physically fit and how can we stay fit?*
- *How do we interact with others during physical activity?*

## Essential Learning Intentions

The goal of physical education is to develop physically literate individuals who have the knowledge, health and skill related fitness, and confidence to pursue a lifetime of healthful physical activity