

Lifetime/Team Activities**Course Description:**

Welcome to Team/Lifetime Activities & Life Choices, during this course you will experience a variety of coed activities to develop strength, speed, agility, balance, coordination, flexibility, muscular endurance, cognitive thinking skills and strategies, and rules of games. You will be expected to perform basic skills and complete written assignments.

This is a 0.5 Credit Course for grades 9th, 10th, 11th, and 12th grades.

This course like most is what you make it. The more you lean into participating in the activities and lessons, the more you will personally get out of it.

Attendance: Students are required to be in school every day. Students are responsible for communicating with their teachers to make up for missed learning.

Essential Skills:

- Learners can follow the rules and regulations for each activity.
- Learners can safely participate in each activity.
- Learners can demonstrate knowledge of the game, equipment needed, and place/area needed for the activity.
- Learners can identify the reasons the activity benefits them.

Course Expectations: Although not everything is graded, everything is important. In order to demonstrate growth and learning, students will need to:

1. Participate in class activities (take notes, work in a group, complete in-class tasks, ask questions) without distractions (cell phones, ear buds, games, etc.)
2. Use morning time and teacher to seek help outside of class when needed.
3. Complete all assessments within teacher timelines.
4. **Be Respectful-** Making safe choices by being kind to self and others to empower all.
Be Present- Being here and being aware of yourself and your surroundings focused on the here and now.
Be Courageous- Taking appropriate risks, persevering, doing what is right, even if it is uncomfortable or unpopular.

Grading

Learning (Practice) includes instructional activities in and outside of class and are not used in grade determination.

Skyward Assessment (Grades) may include quizzes, labs, learning checks, tests, speeches, performances, and projects.

Calculations:

Course Grade	
Semester Grade	95%
Culminating Activity/Project/Exam	5%

Final Grade	
A	100% - 90%
B	80% - 89%
C	70% - 79%
D	60% - 69%
F	0% - 59%

Rapid City Alternative Academy Courses:

- Will determine grades based on student learning and growth.
- Will not include practice and behavior in grade determination.
- Will give all students regardless of absence an opportunity to demonstrate learning.
- Will not include extra credit.

Instructional Resources:

Online Canvas course, handouts, videos, teacher led discussions