



Girls Only Fitness Class

This class is part of a comprehensive physical education curriculum that is designed to help prepare youth for a lifelong commitment of physical activity, health, and wellness. This class focuses on educating students on the importance of self-responsibility in achieving and maintaining a healthy, active lifestyle. Health education regarding nutritional needs, diet, and weight management will be discussed. Students will gain fundamental knowledge, behaviors, and skills necessary for a healthy, active lifestyle.

Goals and Descriptions

The purpose of the personal fitness class is to help students acquire the knowledge, skills, and confidence needed to engage in physical activity, both now and for the rest of their lives. The practice of leading a physically active lifestyle will bring about personal enjoyment, challenge, satisfaction, and a health-enhancing level of personal fitness.

Activities:

The activities offered this year will be: Step aerobics, power walking, Zumba dance, Pilates, Yoga, Kettle bells, weight training/conditioning including the use of: dumbbells, BOSU balls, medicine balls, and resistant bands. We will discuss weight management, dieting and proper eating for young women. Students will be assessed using their BMI and body fat percentage. Short range and long term goals will be set by each student.

Each class will be graded as follows:

80% = Participation (fitness and activity)

20% = Assessments (food and exercise journal, pre and post assessment tests, goal setting, lesson instruction/planning)

FCPS Grading Scale:

A (93-100) = 4.0

A- (90-92) = 3.7

B+ (87-89) = 3.3

B (83-86) = 3.0

B- (80-82) = 2.7

C+ (77-79) = 2.3

C (73-76) = 2.0

C- (70-72) = 1.7

D+ (67-69) = 1.3

D (64-66) = 1.0

F (63-below)

Equipment

Loss of or damage to equipment and facilities through maliciousness or neglect will be the responsibility of the student to replace or repair.

Uniform:

Proper workout gear is required. This may include a Westfield P.E. uniform, athletic t-shirt, athletic shorts or sweats. Athletic shoes with laces are required. No sandals or other shoes allowed. Towel service is available for \$12 per year. If a towel is lost, there is a \$4 replacement fee.

Medical Excuses:

Parents may excuse their student from Personal Fitness (PF) due to injury or illness for 2 classes.

After 2 PF classes the student must obtain a doctor's note to give to their teacher. All missed classes must be made up during bulldog block. Remember, 2 bulldog block classes = 1 missed class.



Locks and Lockers:

Students will be issued a combination lock and small locker for the year. Students must not share their lock combination with anyone, and are not allowed to share lockers or move to another locker. A lost lock will cost \$5.00 to replace. If a student fails to lock up their personal belongings, a Monday after school detention will be assigned. **The HPE staff is NOT responsible for lost or stolen items.**

Absences:

All students are expected to complete all work missed when absent. When the absence is unexcused, students will receive 50% of the score earned on all assignments and assessments. Make-ups can be scheduled with your instructor during Bulldog Block.

Tardy:

All students need to report to class on time. If student is more than 15 minutes unexcused tardy they will receive an UNEXCUSED ABSENCE. An **UNEXCUSED TARDY may result in the inability to enter the locker room.** If student reports to class with an **EXCUSED TARDY pass**, the student may be allowed to dress out for class. If the student is **more than 15 minutes tardy with an excused pass they may not be allowed to dress out and must make up the class.**

Honor Code/PRIDE Statement:

Copying homework, cheating on quizzes or tests, and plagiarism are serious offenses. Be sure to understand the expectations for each assigned task, and be sure to complete each one *honorably*. Never be afraid to ask if you are not sure about what is expected and acceptable. Members of the Westfield High School community are committed to demonstrating **Personal Responsibility, Respect, Integrity, Discipline, and Excellence (PRIDE)** in all activities and programs. All teachers are committed to supporting honest, individual student achievement; therefore, the policies and procedures outlined in the Westfield Honor Code will be upheld and enforced. Students and parents/guardians are expected to be familiar with the code and to adhere to its guidelines at all times. Please take a moment to review the Westfield Honor Code at: http://www.fcps.edu/WestfieldHS/about_whs/honorcode.pdf

The objective of this class is to expose your child to a variety of new and different activities that will increase their level of fitness, achieve a healthier life style, and increase confidence with the final result of a healthier student.

We can be reached either by email or telephone. Please contact either instructor with questions or concerns.

Sharlean Grinups: sharlean.grinups@fcps.edu

Kelly Deegan: ksdeegan@fcps.edu

703-488-6409



I have read and understand the WHS Honor Code, the policies, procedures, and grading of the class. I understand my role, and agree to follow these guidelines.

Student's Printed Name _____ Signature _____

Parent's Printed Name _____ Signature _____

Student's email Address (please print clearly) _____ Date _____

Class Period _____ Daytime phone: _____ Work phone: _____

Parent's email address (home) PRINT: _____

Parent's email address (work) PRINT: _____



