

Stanberry R-II School District

Physical Education
Weight Training
Time: 1st & 5th Period
Instructor: Shane Hilton
Office Hours: 4th

Course Description:

The main focus of this class is to promote proper students health for the present and the future. The students will participate in multiple weight training and aerobic activity work outs. Strength, agility, flexibility, and lifelong knowledge of personal fitness and positive social skills are all areas that will be covered.

Objective:

The main objective for this course is to provide the students with skills that will promote lifelong learning. These skills will be learned throughout the course during the various activities and exercises that the student will participate in.

1. The student will be able to demonstrate a proper understanding of the skill and activities they have learned, games, exercises, etc.
2. The students will show the ability to interact socially with their classmates.
3. The students will demonstrate an attitude that will help create a positive and healthy classroom environment.
4. The students will attain knowledge that will help them to live a full and healthy life.

Evaluation

Participation =45%
Proper attire =45%
Tests & Quizzes =10%

*Students will be docked a letter grade for each unit not passed

Grading Scale

90-100% =A
80-89% =B
70-79% =C
60-69% =D
59 or lower =F