

## **NESTUCCA HIGH SCHOOL**

Fitness Syllabus

Mr. Gianella

Dear Parents,

Your child is currently enrolled in a fitness education program which one credit is required for graduation by the Nestucca Valley School District. This Fitness class will focus on helping students improve physical fitness, develop coordination, increase muscular strength and endurance, and maintain optimum health. Within this curriculum a variety of topics will be taught:

- Volleyball
- Bucketball
- Frisbee Golf
- Ultimate Frisbee
- Fitness Testing
- Speed Ball
- Football
- Soccer
- Basketball
- Softball
- Kickball
- Indoor Soccer
- Capture the Flag
- Wiffle ball
- Spike Ball
- Lawn Games
- Racquet Sports (Tennis/Pickleball)
- Juggling
- Weight Training

### **Appropriate Dress**

- T-shirt or Sweatshirt
- Shorts or Sweats
- Tennis Shoes

### **Non-Appropriate Dress**

- Sandals, Slippers, Work Boots, Moccasins, Dress Shoes
- Jeans
- Sleeveless Shirts
- Hats

If not dressed appropriately for class professionalism/participation points will be lost for the day.

*Cell phones must be left in the locker rooms. Any cell phone seen will be taken away.*

### **Grading Policy**

*Student grades will be composed of four components:*

1) Participation/Professionalism

Students will receive points for dressing down, participating in a professional manner, and being in class. If students miss a day of class they can make up their lost points on a makeup day offered before or after school.

## 2) Fitness Testing

Students will be required to take fitness tests measuring their overall physical fitness. Tests are, but no limited to:

- Mile Run
- Push Up Test
- Sit Up Test
- Shuttle Run
- Step Test
- Plank
- Broad jump
- Pacer Test

## 3) Weight Training

Students will receive points for a completed weight training card turned in at the end of each quarter.

## 4) Unit Tests

- Several units will have written unit tests over rules, regulations, and scoring. Study guides will be given out at the beginning of the unit and the test will conclude the unit.

A 100-90

D 69-60

B 89-80

F below 60

C 79-70

## Classroom Rules

- Respect your teacher, peers, and yourself
- Come to class on-time
- Dress appropriately for class
- Leave cell phone, food/drinks, and all other gear in the locker room
- Do not touch the equipment until instructed to do so
- All school rules enforced

***Important: 5 minute rule. Students have 5 minutes to change and be in the gym ready for class.***

## Discipline Policy

1<sup>st</sup> offense, warning

2<sup>nd</sup> offense, discussion with student potential minor referral

3<sup>rd</sup> offense, call home

4<sup>th</sup> offense, major referral to administration

*See Student-Parent Handbook for all other information in regards to all policies.*

We believe the fitness program is an important part of your student's education and I look forward to getting to know and teaching each student in my class.

If you have questions, concerns, comments, or need to reach me please email or leave me a message.

Tevin Gianella  
Physical Education/Health Teacher  
teving@nestucca.k12.or.us  
503.392.3194 ext. 120

Please sign and return the portion below this line by Friday, September 9<sup>th</sup> for full credit

-----

I have read and understand the syllabus and curriculum for Mr. Gianella's Nestucca High School Fitness Class.

Student Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_