

Syllabus for Excel PE

Mrs. Brannan
amy.brannan@d300.org
P.E. Office – (847)532-6168
Office Hours – 2nd and 5th, before and after school
Website – www.brannanhealthandpe.weebly.com

COURSE OBJECTIVES:

- To learn and clarify concepts related to Physical Fitness
- To apply the concepts of Physical Fitness to promote lifelong health

MATERIALS:

Notebook: Notebook and folder is REQUIRED; stored in weight room for class notes

OVERVIEW:

- Introduction to physical fitness, weight room, making healthy decisions, and creating fitness programs based on goals.
- Students will set goals based on fitness test scores.
- Students will study the human body, best health practices in relation to lifelong fitness.
- Students will learn exercise principles to apply to their own personal workout program.

COURSE ACTIVITIES:

- Weekly fitness testing and goal setting. Fitness tests include, push ups, pull ups, standing long jump, sit ups, sit and reach, bench press, the 12 minute run and a 5K run.
- Exercise tracking with fitness cards
- Research and poster presentations
- Videos pertaining to units that are being taught

GRADING:

- Participation 40% (Includes dressing for class, tardies, behavior, etc.)
- Quizzes/Tests 40% (fitness tests and written tests)
- Fitness Project 20% (No late homework will be accepted – NO EXCEPTIONS)

CLASS RULES:

- Absences and tardies need to be made up per the policy of the PE Department
- MUST be dressed in full Jacobs issued PE uniform every day
- **NO** iPods/MP3 players!
- No food, candy or drink (water bottles are ok)
- Cell phones are put away (off and out of sight)
- Respect self, others, property, and learning

Please detach and return to Mrs. Brannan by Friday, August 24th

I _____ (print student name) understand the policies and procedures put forth in this syllabus for Jr/Sr Excel.

Student signature

Date

Parent signature

Date

Parent e-mail