

## 8<sup>th</sup> GRADE LIFETIME FITNESS

Hello and welcome to Pathfinder's physical education program. Each 8<sup>th</sup> grader will be given the opportunity to engage in selected lifetime sports as well as relevant fitness and conditioning activities. Students will learn ways to improve and maintain core strength, upper body strength, flexibility and cardiovascular endurance. I will do my best to create an environment that is safe and nonthreatening, yet challenging. Students should feel uninhibited to perform at their own pace and/or capability. My hope is that everyone has a positive experience and learns the invaluable benefits exercise and sport has to offer for a lifetime.

### WHAT WE WILL FOCUS ON THIS SEMESTER

Learn ways to improve, manage and maintain healthy fitness levels throughout life

Develop and increase flexibility, core and upper body strength

Improve cardiovascular endurance

Develop skills and knowledge pertaining to selected lifetime sports and fitness activities

Develop a mindset that being physically active is important, and exercising should be a fun priority

### ACTIVITIES WE WILL EXPLORE

Circuit Training Workouts

Intro. to Weight Lifting

Race To Mackinaw

Cross Country / Hiking

Various Fitness Games / Workouts

Water Workouts

Survivor Unit

Volleyball

Badminton

Tennis

### WHAT WILL BE EXPECTED

Dress appropriately for P.E. every day (tennis shoes, shorts, sweats, t-shirt, etc.)

Participate with effort each and every day

Be on time to class each day

Respect others and demonstrate good sportsmanship

No gum, food or drink in the gymnasiums or locker rooms

No unsupervised use of equipment

No horseplay in the gymnasiums, locker room or adjacent hallways

## GRADING

Students will earn (5) points per day for participating with effort, (0) pts. otherwise

Students will also earn points by taking a quiz at the end of selected units

Points earned divided by points possible will determine final "quarter" grades

94-100%	A	80-82%	B-	67-69%	D+
90-93%	A-	77-79%	C+	63-66%	D
87-89%	B+	73-76%	C	60-62%	D-
83-86%	B	70-72%	C-	0-59%	E

## CITIZENSHIP EVALUATION

At the end of each quarter, each student will be evaluated on their behavior, responsibility and overall attitude. Some examples that may lower a student's citizenship would include *not being prepared for class, tardiness, disrespectful behavior, disruptive behavior, poor attitude or anything deemed unruly/inappropriate as stated in Pathfinder's handbook.*

- 1 ... outstanding
- 2 ... good (some room for improvement)
- 3 ... poor (corrections are necessary)
- 4 ... unacceptable (conference requested)

## OTHER IMPORTANT INFORMATION

Each student will be issued a gym locker and lock to secure their belongings during class  
Please communicate in advance any illness or injury that prevents your child from participating (email, phone call, written note, physician's note, etc.).

Students should take gym clothes home to be washed at least once per week.

If possible, two sets of gym clothes are recommended

Cell phones, ipods, computers, etc. should be left in hall lockers unless otherwise notified

Please check web page periodically to access current information throughout the year

### CONTACT INFORMATION

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Planning Period: 1:01 – 1:52 p.m

