



Course Description: This course is designed to provide an opportunity for students to develop a fitness workout plan through the activities of walking and low-impact aerobic exercises. Flexibility, cardiovascular endurance, muscular strength will be emphasized. Students will be introduced to a variety of low-impact and high impact forms of exercise to incorporate in life-long fitness planning.

Franklin P.R.I.D.E. - Class Expectations & Requirements

- Preparation:** Arrive in the gym prior to the bell and sit in roll call order. Being seated in your spot is required in order for teachers to complete roll call in an efficient manner. Standing is not allowed. Dressed in your Physical Education attire: i.e. T-shirt and shorts along with athletic shoes.
- Respect:** Respect the educational process so every student has an equal chance to learn. Respect classroom procedure and rules.
- Integrity:** Integrity is the quality of being honest and having strong values, which are very important to sportsmanship and life in general.
- Determination:** Be firm in your purpose; give your best effort during class which will result in your success not only in class but in life.
- Empathy:** Follow the Golden Rule! Treat other students the same way you would like to be treated.
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Safety Rules

Students will be required to dress for Physical Education following safety protocols set forth by our Elk Grove Unified School District:

- Students will enter the locker room in small cohorts following a three tier system.
- Students may come to class in appropriate workout attire if they choose to not use the locker rooms.
- Students will remain six feet apart in the locker rooms at all times and must wear a mask.
- Upon entry and departure from the locker rooms, hand sanitizer will be available for student use.
- Students must wear masks while indoors at all times.
- Based on current district guidelines students will have the choice to remove their mask while outdoors*

*Guidelines may change based on the EGUSD COVID-19 Safety Plan.

Dress Requirement

Students will be required to wear the following PE clothing:

- Tops: T-shirt (cotton or dri-fit) that is school color based - black, white, purple or grey.
- Bottoms: Shorts (appropriate length), sweats or leggings.
- Logos on athletic wear will be acceptable as long as the design is school appropriate.
- Students must wear athletic shoes for safety.
- Unacceptable clothing for PE includes flip/flops, slides, crocs, sandals, jeans, tank tops, skirts, spaghetti strapped tops, or shirts that do not cover the midriff.
- Students who are not appropriately dressed for PE will be sent to On Campus Intervention (OCI) and lose all points for the day.

Power
of
Pride

Franklin High School
Physical Education Department
Fit4Life



Units of Instruction

Fitness Walking Strength Training Core Training HIIT Workouts
HI TECH Fitness Speed and Agility Yoga/Pilates Individual Planning

Assessment Overview

ASSESSMENT AREA	GRADE %	DESCRIPTION
Preparation Respect Integrity Determination Empathy	20%	Students will follow the Franklin PRIDE class expectations and requirements.
Daily Warm-up	30%	Participation in all warm up activities
Activity	40%	Participation in all class unit activities
Assignments/Quizzes/Tests	10%	Completion of all written assignments and unit finals

Medical Issues

In the event a student must have class participation modified due to a medical issue, a written note or email from a parent/guardian or physician is required. These notes should include the student's name, ID number, medical condition, and restrictions. Students will continue to dress in workout gear and train under the modifications provided by the parent, teacher and/or physician. By continuing participation using modifications, the student will be able to earn class credit. However, if no participation is allowed at all, no PE credit will be given until PE make ups are completed. Therefore, it is recommended that students on extended medical leave be placed in classes outside Physical Education. Students and parents are required to complete the Medical excuse form prior to the student attending class.

Attendance & Make-up Policy

Students with excused absences or medical excuses can make-up lost points by completing make-up work assigned by their teacher in Google Classroom.