

Franklin High School
Physical Education Department
Weight Training & Conditioning (Mini)



Course Description: In Weight Training & Conditioning, the emphasis in this course is on muscular strength, endurance, flexibility, and safety. Important components in this course include weight room safety, warm up/cool down procedures, lifting techniques and safety for all lifts, and major muscle identification. Students will be required to participate in weekly Cardio activities and weekly Cardio Tests. This course may be repeated for a maximum of 20 credits. Co-requisite: 9th grade students must take the California Physical Fitness Test.

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

- Preparation:** Arrive in the gym prior to the bell and take your seat in roll call order; seated in your spot is required so teachers to complete roll call in an efficient manner. Standing is not allowed. Dress in your Physical Education attire for example, 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 Physical Education class which will result in your success not only in class but in your life.
- Empathy:** Treat other students in our class by treating them the same way you would like to be treated. This includes the locker room and any area in Physical Education
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Dress Requirement

During Physical Education classes students will participate in activities that require movement and must wear appropriate clothing:

- Students should wear a t-shirt (cotton or dri-fit) that is school color based - black, white, purple or grey
- Students may wear 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; flip/flops, slides, crocs, sandals are unacceptable
- Unacceptable clothing for PE includes jeans, tank tops, skirts, spaghetti straps and shirts that do not cover the midriff
- Students who are not appropriately dressed for PE will be sent to On Campus Intervention & lose daily points
- Loaner clothing is not available through the PE department; each student will be required to bring a back-up set of PE clothing to keep in their locker (the extra set of clothes can be any shirt/short combination – an extra purchase of clothing is not necessary)

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Assessment Overview

ASSESSMENT AREA	GRADE %	DESCRIPTIONS
Preparation Respect Integrity Determination Empathy	10%	Preparation: Phone and headphones packed away, seated in roll call, notes taken Respect: Having regard for the feelings, wishes, rights, or traditions of others Integrity: Honesty with strong morals Determination: Your personal best effort Empathy: Treating others the way you want to be treated (10 Daily Points)
Cardiovascular	25%	Participation in all daily cardio activities (10 Daily Points)
Activity/Weights	40%	Participation in all weight training activities (10 Daily Points)
Weekly Cardio Test	25%	Weekly Cardio testing including pacers and mile (50 Weekly Points)

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 and medicals can make-up points lost by completing teacher assigned make-up work which will be available on Google classroom. OCI referrals may not be made-up.

Cell Phone/Ear Bud Use During Class Is Not Permitted

The use of cell phones/ear buds during class is not permitted. Upon entry to the weight room students will need to store cell phones and ear buds in their backpack. Cell phones and ear buds cause a distraction for students in the learning environment. Students need to listen for cues during instruction and work interactively with others in class. **Failure by students to store cell phones and ear buds in their backpack will result in loss of Activity points.** Following a third incident with cell phone/ear bud use students will be referred to administration