

Lifetime Fitness and Movement (LFM)
Physical Education
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Course Overview

Lifetime Fitness and Movement (LFM) physical education class is part of the Exercise Science Core (X-Sci) along with Kinesiology, English, and World History. In LFM class, students analyze biomechanics related to both team sport and individual exercise. Students focus on their individual fitness level including ongoing assessment and creation of a personal fitness plan. Technologies used include using both video and software to dynamically examine athletic skills and practice. Students will explore different competitive strategies, practice peer coaching, develop proper officiating skills, and participate in various group activities. Students will be empowered to meet challenges, and develop positive behaviors in fitness, athletics, and movement activity for a lifetime.

Course Objectives

- Students will have a strong, working vocabulary of physical fitness.
- Students will participate in challenging physical fitness activities and understand the concepts of hard work, physical limits, and the difference between being injured, hurt, and sore.
- Students will develop a basic understanding of the biomechanics of training.
- Students will be able to analyze and evaluate movement feedback and make appropriate adjustments.
- Students will develop interpersonal skills working in teams, as peer coaches, and officiating in various sports.
- Students will be able to access various technologies to analyze and assess movement patterns.
- Students will be able to analyze situations to determine appropriate strategies.
- Students will participate in regular fitness testing and track their results throughout the year.

Supplies Needed:

**SUPPLIES FOR PHYSICAL
EDUCATION:**

- 3 ring Binder (with dividers and pencil pouch)
- pens or pencils
- Athletic attire you can move in including WHS PE shirt or X-Sci shirt
- Shorts, sweatpants or workout leggings/ Spandex Capris
- Athletic Shoes and socks
- Optional: sweatshirts

Participation Policy


LFM is an active participation class. Students are expected to complete workouts and activities, be focused and attentive, and be an active participant in group activities.

Course Communication	
Class Announcements	Jupiter, Google classroom and Remind
Email/Personal Messages	<p>acortese@wusd.org</p> <p>Remind: use the following links to join X-Sci LFM:</p> <p>http://www.remind.com/join/xsci20</p> <p>When writing a message, please follow the expectations below:</p> <ul style="list-style-type: none"> • Include your name, the class rotation, subject of the message (e.g., Heather Smith-Citius-Daily workout) • Be specific about your questions or what you need. <p><u>Note:</u> It may take up to 48 hours to receive a reply, so do not wait until the last minute to send a message if you need help.</p>



Apps

The following apps will be used during LFM

- HUDL Technique app 
- Polar Beat app 
- Map My Run app (or similar distance / pace tracking app) 

***additional apps may be used throughout the year*

Grading	Grades are earned through the following areas:
<ul style="list-style-type: none"> • 25% • 25% • 25% • 25% 	<ul style="list-style-type: none"> • Movement skills and knowledge including: tests, written assignments, and performance assessments. • Fitness skills and knowledge including: daily exercise activity, conditioning and improvement • Social Responsibility including: self-responsibility, social interaction, group dynamics, sportsmanship, teamwork, peer interaction, • Practice, academic engagement, daily participation, using effort and practice to grow/improve
<ul style="list-style-type: none"> • Grades will be posted in JUPITER 	



Student Code of Conduct

Students are expected to:

- **Complete all assignments on time**
- **Communicate respectfully**
- **Treat people and equipment with RESPECT**
- **Appropriate, safe behavior is expected at all times**
- **Immediately report all injuries to your teacher. Also report any damaged or dangerous equipment.**
- Always **Do Your Best** and maintain a positive work attitude.
- Make up **ALL** assignments from absences and classes you cannot participate due to illness or injury
- **PE lockers are provided. Please do NOT give out your combination. Secure your personal belongings. If your belongings do not fit in your locker, leave them in the teacher's office.**
- **ALL students are expected to come to class prepared to learn and move, including:**
 1. Wearing appropriate athletic clothing that you can safely move in.
 2. Bringing all needed materials everyday, including a binder, and pen or pencil.

3. *CELL PHONES* use in class *ONLY* when *required for instruction*.

When not being used for instruction, cell phones should be silenced and put away so students are not distracted and learning is not interrupted.

I have reviewed this syllabus.

Parent Signature

I understand that student cell phones and ipods are NOT allowed in class, unless being used as instructed by my teacher.

Student Signature

Print student name