

Plainfield High School- Central Campus Course Outline

Life Skills

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Course Description/Rationale:

Life skills is essentially a Mind and Body Fitness one-semester course which provides students alternative methods and opportunities of personal fitness. This class targets different aspects of physical and mental wellness. Through learning and practicing resistance training, self-defense, kickboxing, Pilates, Zumba, yoga, and various stress-relief techniques, complete body awareness will be acquired by all students.

- The course focuses on the important connection between the mind and the body.
- The course incorporates written components, such as journaling and a research based project, which assist in cross-curricular education.
- The course exposes students to activities and classes commonly found in health clubs, which prepares them for lifelong fitness. Group fitness classes are extremely popular in clubs right now- this course offers many of those options you see in the real world.
- Students who have not found success in traditional team sports based physical education classes find comfort in this course.
- No prior experience is necessary to be successful. Many students choose to repeat this class and are utilized as group leaders or assist as peer teachers. We refer to these students as veterans and first time students taking the class as newbies.
- Students' busy lives are acknowledged, and ways to relieve their stress is addressed.

Students in this class will participate in Fitness Club Days on Tuesdays and Thursdays

Illinois Learning Standards Addressed in Course:

19 A,B *** 20 A,B,C *** 21 B *** 23 B *** 24C

Required Materials:

- Report folder (3 prong) w/ class handouts – will be stored in classroom
- Fit for Life Shirt,
- Yoga pants/athletic shorts
- athletic shoes, extra socks
- gym lock/locker

Units of Study:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core Strengthening/ Flexibility/meditation/ Yoga	Fitness Club	Active Days: Martial Arts/self-defense, Resistance Training, Zumba, and social dance	Fitness Club	Journaling/stress management/ projects/Nutrition Usually don't dress

Grading:

Grades will be comprised from the following areas:

- **60% ***Assessment**
 - ***20% *Skills*
 - ***20% *Journals/folder contents*
 - *** 20% *Cognitive (projects/tests/quizzes)*
- **20% ***Practice (Physical Activity Participation Rubric)**
- **20% ***Final Exam (10% written and 10% physical fitness test)**

Department Homework/Project Policy:

Almost all classwork will take place during class time (if student uses time efficiently). Therefore on the rare occasions homework is assigned, it is expected to be turned in by its due date, either in person or by email. Partial credit may be given to late work under special circumstances.

Department PE activity make up points (for excused absences only)

- Make up within two days from the excused absence unless otherwise arranged with the teacher for full credit

Department Policy for not dressing for PE:

1st time= warning.

2nd time= One hour detention is issued and parent contact is made. Detentions will be on Thursday from 2:20-3:20 in room 204. A pattern of not dressing will result in a referral.

You can check your grade at any time online. I will be happy to discuss your grade with you after class and assist you in creating a plan for success if needed. Grades are updated weekly. Discipline will be dealt with on an individual basis. As each student is unique each situation will be handled uniquely. Depending on the discipline issue, a variety of consequences may be given including student-teacher before/after school conference, warning, referral, alternative assignment, change in seating assignment, meeting with dean, counselor, and/or parent, volunteer work, removal from class, or another option that is fair and reasonable.

Dressing:

Safe and appropriate dress for physical education classes requires a "Fit for Life" shirt, workout short/pants, & gym shoes. All students should utilize their P.E. locker and not bring backpacks/items into field house. 1 warning for either will be given; on the second no dress or partial no dress a 1 hr.detention will be issued and parent contact will be made. Continued pattern of no dressing will result in a referral.

Tips for Succeeding in This Course:

Dress for class in P.E uniform daily, be willing to participate, take risks and have fun, and complete all written work. Written work required for this class will be accepted late as outlined in the school late work policy only. Make up all excused absences. Absence make-up policy is listed in policy sheet and may be found on the school's website.

Physical Activities Participation Rubric
(Up to 20 points earned EVERY and EACH day in school)

	0	1	3	5
Effort	Refuses to participate in assigned activity (including warm ups and cool down)	Moderate participation (<i>may need observation or verbal encouragement</i>)	Participates most of the class time by being actively engaged	Actively participates entire class time (<i>Initiates involvement in activity without being asked</i>)
Respect	Shows disrespect (<i>ie: foul language, intentionally abuses school equipment, is disrespectful to peers or teacher</i>)	Shows disrespect but will change behavior when asked	Self-corrects disrespectful behavior	Shows respect to self and others at all times
Cooperation	Generally uncooperative (<i>does not work with peers or teacher / does not follow procedures</i>)	Cooperative under observation or verbal encouragement	Cooperative for most of the class activities	Role models cooperation without being asked Can be a leader and a follower
Responsibility	No phys ed uniform or will not follow safety policies (<i>Cannot participate safely or with good hygiene because of dress</i>)	Wears PE uniform and practices safe behavior if reminded	Wears PE uniform	Wears PE uniform and maintains safe behavior at all times