**Personal Fitness**

**Ronnie Baker**

**2022-2023**

**Course Description and Objectives**

Introduces instruction in methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness.

Physical Fitness will concentrate on developing and maintaining each student’s overall fitness level.

Objectives:

1. Optimal skill development in each sport and activity.

2. Develop and maintain physical fitness.

3. Increase student’s knowledge in the value of physical fitness and the effects of exercise on the

body.

4. Increase student’s knowledge of rules and strategy of each sport/ activity.

**Textbook**

N/A

**Unit/Concept Names**

* Motor Skills and Movement Patterns
* Movement Concepts and Principles
* Fitness
* Personal and Social Behavior, Rules, Safety, and Etiquette

**Major Course Projects and Instructional Activities**

At least one project will be assigned each grading period. This will be an extension or enrichment of the concepts discussed. Students will have 1 to 3 weeks to complete each project depending on the complexity of the task. Some tasks and/or projects will be completed in class (specifically the unit culminating tasks – these MUST be completed in class only).

**Course Assessment Plan**

Students will receive a variety of assignments designed to enhance their learning. If a student is absent, the student is responsible for the missed assignment. Students who have an excused absence will be allowed five days to turn in the missed assignment. No work will be accepted after five days.

**Evaluation (Schoolwide Grading Policy)**

* *Minor Grades* = 60% (quizzes, labs, and other graded assignments to assess certain standards in a

unit of study)

* *Major Grade*s = 40% (unit tests, essays, research papers, project-based assignments, and other culminating assessments to measure mastery of standards that comprise a unit of study)

**Classroom Procedures & Expectations**

The overarching expectation in this class is RESPECT: respect for yourself, respect for other students, respect for the teacher/or any individual in authority, and respect for any guests that may enter our class. Although this encompasses all other expectations, I will outline several others for the sake of clarity.

* Always Try YOUR BEST!!! I will not settle for anything but your best!!
* Have the “I can do it” attitude! Stick To It and Don’t Give Up!
* Remain SEATED and PREPARED at all times.
* Bring ALL materials to class DAILY.
* Every student is responsible for helping to maintain a clean, safe learning environment. Your area must remain CLEAN at all times. The floor should be clear of trash, paper, and personal belongings.
* Adhere to all policies, rules, and regulations outlined in the student handbook, and Morgan Road Middle School’s Norms.

**Course Materials**

\* 3” 3-ring Binder \* 1 Package of Dividers (5 Total)

\* 1 - Composition Notebook \* Pencils (mechanical pencils preferred)

\* Handheld pencil sharpener \* Highlighters

\* Loose Leaf Paper \* (6) two pocket plastic folders w/ 3 holes

\* Coloring Utensils (crayons, coloring pencil, or markers)

Donations appreciated for the following (optional):

**\***Copy Paper \* Hand Sanitizer \*Dry Erase Markers \*Kleenex \* Disinfectant Wipes

**Resources:**

**Modes of Communication:**

Email: bakerro@boe.richmond.k12.ga.us

Remind messages:

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**Advanced Personal Fitness**

**Ronnie Baker**

**2022-2023**

**Course Description and Objectives**

Provides advanced instruction to assist students in applying methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment focused on strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; and includes fitness advanced instruction in principles and nutritional concepts introduced in Personal Fitness.

Physical Fitness will concentrate on developing and maintaining each student’s overall fitness level.

Objectives:

1. Optimal skill development in each sport and activity.

2. Develop and maintain physical fitness.

3. Increase student’s knowledge in the value of physical fitness and the effects of exercise on the

body.

4. Increase student’s knowledge of rules and strategy of each sport/ activity.

**Textbook**

N/A

**Unit/Concept Names**

* Motor Skills and Movement Patterns
* Movement Concepts and Principles
* Fitness
* Personal and Social Behavior, Rules, Safety, and Etiquette

**Major Course Projects and Instructional Activities**

At least one project will be assigned each grading period. This will be an extension or enrichment of the concepts discussed. Students will have 1 to 3 weeks to complete each project depending on the complexity of the task. Some tasks and/or projects will be completed in class (specifically the unit culminating tasks – these MUST be completed in class only).

**Course Assessment Plan**

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**Evaluation (Schoolwide Grading Policy)**

* *Minor Grades* = 60% (quizzes, labs, and other graded assignments to assess certain standards in a

unit of study)

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**Weight Training**

**Ronnie Baker**

**2022-2023**

**Course Description and Objectives**

Introduces weight training; emphasizes strength development training and proper lifting techniques; includes fitness concepts for developing healthy lifetime habits based on the American College of Sport Medicine Guidelines for fitness and conditioning.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Objectives:

1. Demonstrates proper safety principles and rules.

2. Demonstrates and observe proper weightlifting Technique and plyometric exercises.

3. Increase student’s knowledge by identifying upper and lower body muscles.

4. Student identifies various exercises to enhance the development of muscle groups.

**Textbook**

N/A

**Unit/Concept Names**

* Motor Skills and Movement Patterns
* Movement Concepts and Principles
* Personal and Social Behavior, Rules, Safety and Etiquette
* Fitness

**Major Course Projects and Instructional Activities**

At least one project will be assigned each grading period. This will be an extension or enrichment of the concepts discussed. Students will have 1 to 3 weeks to complete each project depending on the complexity of the task. Some tasks and/or projects will be completed in class (specifically the unit culminating tasks – these MUST be completed in class only).

**Course Assessment Plan**

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**Intro. Lifetime Sports**

**Ronnie Baker**

**2022-2023**

**Course Description and Objectives**

Introduces fundamental skills, strategies, and rules associated with lifetime sports such as bowling, golf, tennis, racquetball, baseball, badminton, roller skating, and skiing.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

Objectives:

1. Optimal skill development in each sport and activity.

2. Develop and maintain physical fitness.

3. Increase student’s knowledge in the value of physical fitness and the effects of exercise on the

body.

4. Increase student’s knowledge of rules and strategy of each sport/ activity.

**Textbook**

N/A

**Unit/Concept Names**

* Motor Skills and Movement Patterns
* Movement Concepts and Principles
* Fitness
* Personal and Social Behavior, Rules, Safety, and Etiquette

**Major Course Projects and Instructional Activities**

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**Introductory Team Sports**

**Ronnie Baker**

**2022-2023**

**Course Description and Objectives**

Introduces fundamental skills, strategies, and rules associated with team sports such as basketball, volleyball, soccer, softball, baseball, field hockey, lacrosse, team handball, and flag football.

The physically educated student has developmentally appropriate grade-level comprehension and application of the concepts and principles of fitness, motor skills, movement patterns, tactics, and strategies which contribute to a physically literate and active lifestyle.

**Textbook**

N/A

**Unit/Concept Names**

* Motor Skills and Movement Patterns
* Movement Concepts and Principles
* Fitness
* Personal and Social Behavior, Rules, Safety, and Etiquette

**Major Course Projects and Instructional Activities**

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