



Cross Creek High School
Department of Health and Physical Education

Teacher: Colandra B. Davis

Class: Personal Fitness

Location: Gym

Class Type: Required

Credit: ½ Credit

Contact Information: davisco@richmond.k12.ga.us

Course Description

Personal Fitness 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.

Course Units

Unit 1: Fitnessgram

Unit 2: Kickball

Unit 3: Basketball

Unit 4: Flag Football

Unit 5: Lacrosse

Unit Format

Unit Handout & Questions

Daily Participation (ex: basketball skills/gameplay, football skills/gameplay)

Mental Health Monday Questionnaire

Daily Warm Up Walks

Unit Knowledge Assessment



Cross Creek High School
Department of Health and Physical Education

Classroom Expectations

Respect yourself.

Students will respect themselves by taking responsibility for their educational experience. Arriving to class on time, adhering to the dress code, and giving maximum effort are examples of respecting self.

Respect your respective communities.

Students will respect their communities by being a positive model student. No matter the environment, students should strive to model behavior that is above reproach.

Respect authority.

Students will respect every authoritative figure in their community. Any adult that is an employee of Richmond County School System is defined as an authoritative figure as well as any adult visiting the school building. We all have definitive roles within our communities and should adhere to the expectations of such roles.

Classroom Rules

Limit eating/drinking, gum/candy, etc. in the gym. (Please be mindful to throw all trash away.)

Do not leave the gym without permission & a teacher issued pass.

Please stay in the designated participation/sitting areas during class. Do NOT gather under the bleachers and/or near the exits.

Do not plug your personal electronic devices in the gym outlets w/o teacher permission. (School issued laptops are allowed to be charged with teacher permission.)

Do not sit, stand, or leave any of your belongings on the stage.



Cross Creek High School
Department of Health and Physical Education

Supplies and Materials Needed

Laptop (fully charged)
Access to the internet
A willingness to learn & participate
Appropriate clothes and shoes (closed toe shoes)

Make-up Policy

Students who miss an assignment and/or test due to an excused absence, are responsible for completing & submitting those assignments in a timely manner. Makeup work is to be turned in no later than 5 days from the date the excuse was given. If the student misses an assessment, it is his/her responsibility to schedule a time with their teacher to make it up. If the student does not complete an assignment and/or assessment in the given time frame, he/she will receive a zero.

Grading

Minor Grade 60% Examples include dressing out, unit worksheets, daily participation grades, etc. (Min. 5 per 6 weeks)

Major Grades 40% Examples include unit assessments to measure mastery of standards that comprise a unit of study. (Min. 2 per 6 weeks)

A: 90 – 100

B: 80 – 89

C: 75 – 79

D: 70 – 74

F: 0 – 69



**Cross Creek High School
Department of Health and Physical Education**

Personal Fitness Syllabus Acknowledgement Slip (2023-24)

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of me as a student enrolled in this course. I realize that I am responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and I will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my coach/teacher.

Print Student's Name: _____

Student's Signature: _____

Date: _____

By signing this document, I acknowledge & agree that I have read and thoroughly understand the expectations, rules, and procedures that are expected of my child as a student enrolled in this course. I realize that my child is responsible for all the rules, regulations, procedures, and course requirements set forth in this class, and the RCSS student handbook, and he/she will be held accountable for the contents of this class and supporting documents. I further agree that should I have questions regarding the information contained in the syllabus I will discuss them with my child's coach/teacher.

Print Parent's Name: _____

Parent's Signature: _____

Date: _____