

Crook County School District

where students dream, learn, & succeed



<u>School</u> : Crook County High School		<u>Instructor</u> : Pard Smith
<u>Course</u> : Weights		<u>Email</u> : pard.smith@crookcountyschools.org
☐	Trimester #1	<u>Phone</u> : 541-416-6900 ext. 3126
☐	Trimester #2	<u>Methods for Communicating with Families</u> : Parent Square will be used primarily. Office hours for phone calls 7:50am-8:50am.
☒	Trimester #3	
<u>Course Description</u> : The purpose of this class is to teach students the benefits of weight training, proper technique, weight room etiquette and safety. Students will participate in weight training designed to build strength and improve muscular endurance. Students will learn and refine the proper techniques of core lifts including power clean, squat, bench press and push press. Auxiliary lifts will also be taught to compliment the core lift of each day. Students will also do speed, agility and plyometrics to help with coordination and footwork. Individual programs can be arranged for students with specific fitness goals. If outside resources are used, parents will be notified.		
<u>Learning Standards/Targets</u> : - HIGH SCHOOL OUTCOMES as prescribed by the State of Oregon (oregon.gov) By the end of high school, the learner will be college/career-ready, as demonstrated by the ability to plan and implement different types of personal fitness programs; demonstrate competency in two or more lifetime activities; describe key concepts associated with successful participation in physical activity; model responsible behavior while engaged in physical activity; and engage in physical activities that meet the need for self-expression, challenge, social interaction and enjoyment. Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others. Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.		

Instructional Materials:

- Core Texts:
- Films, Videos/Other Electronic Media:
- Novels:
- Other Supplementary Curriculum (Articles, etc.):
- Planned Guest Speakers

All Instructional Materials must comply with CCSD School Board [Policy IIA](#) & [Policy IIA-AR](#). A copy of core and supplemental curriculum will be available in the curriculum office for review.

A classroom teacher receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment.

Notification of the Right to Object to the Use of Material:

Any resident of the district may raise objection to instructional materials used in the district's educational program despite the fact that the individuals selecting such materials were duly qualified to make the selection and followed the proper procedure and observed the criteria for selecting such material.

The first step in expressing objection to materials is consultation with the classroom teacher or library staff and providing a written complaint. The district official or staff member initially receiving a complaint shall explain to the complainant the district's selection procedure, criteria and qualifications of those persons selecting the material. A classroom teacher receiving a complaint regarding instructional materials shall try to resolve the issue informally through the discussion of the original assignment or the opportunity for an alternative assignment. The materials shall remain in use unless removed through the procedure in section 4. F. (2) of this regulation.

The teacher or library staff receiving the initial complaint shall advise the principal of the initial contact within 24 hours, whether or not the complainant has apparently been satisfied by the initial contact. A written record of the contract shall be maintained by the principal and sent to the superintendent's office.

In the event that the person making an objection to material is not satisfied with the initial explanation or an alternative assignment, the person raising the questions will meet with a building administrator who will provide a Request for Reconsideration form.

For more details, see [CCSD School Board Policy IIA-AR](#).

Citizenship, Classroom Rules, Behavior Expectations:

- *The Board expects student conduct to contribute to a productive learning climate. Students shall comply with the district's policies, administrative regulations, school and classroom written rules, pursue the prescribed course of study, submit to the lawful authority of teachers and school officials and conduct themselves in an orderly manner during the school day and during district-sponsored activities.*

Careful attention shall be given to procedures and methods whereby fairness and consistency without bias in discipline shall be assured to each student. The objectives of disciplining any student must be to help the student develop a positive attitude toward self-discipline, realize the responsibility of one's actions and maintain a productive learning environment.

- *See [CCSD Board Policy JFC](#) for more details.*

PE Specific Rules and Expectations

1. Students are expected to observe all CCHS rules, follow all instructions from the staff, and avoid any form of unsafe behavior.

2. Students are expected to dress down and actively participate every day of their scheduled class. Even with a parent or Medical Note students are still required to dress down whenever possible and participate fully to the extent of the injury. For example, if there is an upper body injury, the lower body can still be utilized.
3. **Appropriate Dress-** Mesh shorts, t-shirts, sweats, sweatshirts, and athletic shoes.
 - a. PE Clothing must still follow school dress policy. Make sure clothing fits properly (no sagging or too tight fitting) School Colors encouraged.
 - b. Make sure clothing will be comfortable for you, and others, during activities such as running, jumping, stretching, push ups...
 - c. Have warm clothing for activities outside during winter months.
4. Students are expected to be inside the locker room before the tardy bell rings. Students will have 5 minutes to dress at the beginning and end of class. At the end of class students must stay in the locker room or PE hallway until the bell.
5. Cell phones and headphones will not be allowed during class time. All phones need to be secured in an assigned locker in the PE locker room or the Cell Pouch in the classes designated area. Refer to the schools "No Cell, Bell to Bell" policy.

LOCKER ROOM GUIDELINES:

1. **Each student will be issued a lock and locker.** These become the responsibilities of the students until they are returned at the check out time. Combinations **are not to be shared with anyone.**
2. Replacement locks cost approximately \$10.
3. **All items are to be locked up properly during the class period, including cell phones. CCHS not is responsible for lost or stolen items.**
4. Students need to be safety conscious, especially in the locker room area.
5. Locker room doors will remain locked during class time.

Hygiene:

All toiletries brought into the locker room must be in unbreakable containers

No aerosol items allowed, including hairspray or deodorant. Use gel or solid deodorant bars.

Students are expected to wash PE uniforms regularly.

Grading System:

- *The district's grading system shall be based on Board-adopted course content and is designed to enable the student and parent to clearly know how well the student is achieving course requirements at the student's current grade level or course content level, and be based on the student's progress toward mastery of a continuum of knowledge and skills outlined in Oregon State Standards. Absenteeism or misconduct shall not be the sole criterion for the reduction of students' grades. Behavioral performance shall be reported separately. The district will use letter grades (A,B,C,D,F) that can be converted into a 4 to 0 reporting system in grades 6-12. All AP courses are graded on a 5.0 grading scale.*
- *Grades will be based on many factors, such as: basic instructional assignments, both oral and written; results from various assessment instruments, including critical content short cycle assessments as well as quizzes and exams; class participation; special assignments; research; activities of various types of kinds and special contributions.*
- *See CCSD School Board [Policy IKA](#), [Policy IK](#), & [Policy IK-AR](#) for more details.*

Grading Scale:

- A+: 100-98 A: 97-93 A-: 92-90
- B+: 89-88 B: 87-83 B-: 82-80
- C+: 79-78 C: 77-73 C-: 72-70

- D+: 69-68 D: 67-63 D-: 60-62
- F: 59-0

Course Grading Criteria/Weighting

- Assessment, Projects, Quizzes, Assessments of Learning Standards: 80%
 - Weekly Engagement Points
- Daily Homework & Practice Assignments: 20%
 - Reflections and Goal Setting

Each day students have the ability to earn 4 points a day for a total of 20 per week. The following 4 categories will be assessed daily. This grade will be entered weekly under “Weekly Engagement.”

Responsibility	On time and dressed out Respect facilities and equipment on and off campus. Use appropriate language and volume. Stay in the area designated by the teacher.
Character	Consistent effort even in new or challenging situations Treat staff and peers with dignity and respect. Show good sportsmanship. Positive attitude towards self and others
Warm-Up	On task Follow Instructions Use time properly
Activity	Full Participation in activity Follow rules and expectations Use equipment properly Participate in the prescribed boundaries set by teacher

**[Policy IK-AR](#): Achievement of learning standards will be assessed separately from behavior.*

Assessments:

Students will need to perform a 1RM for the core lifts twice a term. These assessments are utilized for the baseline in their individual lifting routines. The expectation is that students 1RM will show significant increase from pre to post testing if they are following the prescribed workouts each day. Grading will be included in their “weekly engagement.”

Reflections and Goal Setting:

Students will have the opportunity to reflect weekly on the lifts performed and what adjustments should be made for the next week. This will also be a place for them to keep track of how lifting is positively impacting other areas such as sports, personal health and overall quality of life.

Make Up Policy:

- 1) **Assessment Retakes:** [Policy IK-AR](#) Teachers will provide students with multiple opportunities to demonstrate mastery of each standard. Students will be provided with at least two opportunities to retake assessments. A student who retakes an assessment will not be

penalized. Teachers can modify assessments (more rigorous to account for greater time allowed for preparation.) Teachers will determine student requirements for assessment retakes that align with Policy IK-AR.

- 2) **Homework/Daily Work:** *Achievement of learning standards will be assessed separately from behavior (i.e. attendance, disruption, late work, tardiness, preparation, effort, attitude, etc.). Teachers may set guidelines around submission timelines, as this category is tied to learning progress, please refer to policy IK-AR.*

Absences and Make-Up Work

Lost points for an absence may be made up. A PE makeup form, with a list of appropriate activities and time requirements, is available in the PE offices. (Boys and Girls Locker rooms) School activities such as athletic events, concerts, or field trips do not result in a loss of any points.

1. **The student must make up the missed class within 2 weeks of the absence.**
2. **One form is required for each absence with a limit of 5 per term.**
3. **If a prearranged or unexpected absence is longer than 5 school days students will need to come in during ELO to meet with the teacher. An alternate make-up will be assigned for missed material.**

Students on a Doctor's Note that will excuse them from PE for 3 weeks or longer will be placed on a Medical PE status. Once this is recorded by the office and counseling department has been notified, students have these options.

1. **If there is time to switch to an elective course for full credit counselors will make the change.**
2. **Students may receive a "No Grade" and take the course again once they are cleared. Arrangements will be made to find an alternate placement for the remainder of the term for attendance.**

**For all courses that articulate with a college or university, it is required that the syllabi match the accrediting institution, rather than the CCSD syllabus model.*

Please sign and return your Syllabus. Parents/Guardians if you have any questions or concerns please contact your student's teacher.

Student Name: _____ Date: _____

Parent Name: _____ Date: _____

Parent Signature: _____