

Beaver Dam High School Syllabus



| | | | | | |
|--|--|---|-------|--|--|
| Department: Physical Education School Year:2015-16 Course:Fitness Club Grade Level:10-12 Required Materials: Appropriate PE Clothes, Tennis Shoes, Outdoor clothes | | Course Resources: FitnessGram, Corbin’s “Fitness for Life”, “Wisconsin Physical Education State Standards”, “VIPOR”, “BFS” Prerequisites: Successful completion of 9th Grade PE | | | |
| Course Descriptions: See Below | | | | | |
| Units Covered: Personal Fitness, Muscle Fitness | | | | | |
| Summative Assessments: <ul style="list-style-type: none"> ● Quizzes ● Mid-term ● Pre Fitnessgram testing ● Post Fitnessgram testing ● Designing workouts | | Formative Assessments: <ul style="list-style-type: none"> ● Daily work ● Journals ● Target Heart Rate | | | |
| Courses at BDHS run in a flexible schedule format. See selection below for this course’s format: | | | | | |
| <input type="checkbox"/> One-Term 90 minutes daily | <input type="checkbox"/> Two-Term 90 minutes daily | <input type="checkbox"/> All Year 45 minutes daily | Other | | |
| School-wide Grading Procedures: Assessments 85% <ul style="list-style-type: none"> ● Formative 30% (of assessment grade) ● Summative 70% (of assessment grade) Cumulative Final 15% | | | | | |
| Summative Assessments: (this shall constitute 70% of the term grade) Our goal is to assess what the students have learned from what we have taught. Summative assessments reflect the format and content of the formative learning opportunities. We will be lifting 4 days/week. We will follow the VIPER program, however if you have your own program, I will allow you to lift to that program if I feel it is legit. Part of this class is that you will be taking a look at your lifting program and how to make improvements, including if you are gaining strength from it. The other day of the week we will be doing a crossfit type workout of my choice. This is a tough class physically and mentally, and will require your best effort 5 days a week. There are no game days and no traditional units such as volleyball or basketball. We flip tires, whip ropes, do pushups, swing kettlebells, run bleachers, deadlift, snatch, clean, and work on agility. | | | | | |

Time to work hard

School-wide Grading Scale:

| | | | |
|----|--------|----|-------|
| A+ | 98-100 | C+ | 77-79 |
| A | 93-97 | C | 73-76 |
| A- | 90-92 | C- | 70-72 |
| B+ | 87-89 | D+ | 67-69 |
| B | 83-86 | D | 63-66 |
| B- | 80-82 | D- | 60-62 |

Contact Information:

Teacher Name: Tim Ladron
Email: ladront@bdusd.org
Phone: 885-7520 x2195

Beaver Dam High School
500 Gould St.
Beaver Dam, WI 53916
www.beaverdam.k12.wi.us
(920)885-7520