

# Snow Canyon Middle School

*"Ensuring our students acquire academic and social skills for life-long success"*

## 8th Grade Intermediate Fitness - Course Disclosure

### Contact Information:

**Instructor:** Ian Shockley

**Email:** [ian.shockley@washk12.org](mailto:ian.shockley@washk12.org)

**Website:** <http://scshockley.weebly.com/>

**Phone:** 435-674-6474

**Room/Office:** Gym

### Course Description:

Fitness related activities aimed at improving overall cardiovascular and muscular endurance. Some of the exercises we will perform include: push-ups, sit-ups, sprinting, stretching, squats, lunges, jumping, dynamic movements, sports agility exercises, 1 & 2 mile runs, timed runs (20+ minutes). We also participate in various sports & recreational activities; including but not limited to: Volleyball, flag football, basketball, flag rugby, soccer, tennis, pickleball, badminton, capture the flag, rounders kickball, frisbee golf, and ultimate frisbee.

**\*\*Some of our activities are off campus including runs that incorporate the connected pathways from our school to local parks and surrounding areas.**

### Learning Outcomes:

- Increase development of physical, mental, social, and emotional well-being through physical education.
- Motor skill ability improvement demonstrated through sports, games, exercises, and other related activities; leading to greater enjoyment in participation.
- Knowledge and understanding of the long term health benefits of being physically fit.
- Develop and maintain a personal health and fitness program; with the goal to **live** a lifelong health and fitness lifestyle.

### Teacher Expectations:

1. Students will be attentive and **quiet while teacher is talking**.
2. It is expected that students will **work hard**; performing at the best of their ability at all times.
3. **Respect yourself and others** at all times; no put-downs or negative talk of any kind.
4. Come to class **prepared** and ready to **participate**.
5. Constant awareness of keeping yourself and others **safe and injury free**.

### Assignments (points system):

- **Participation:** 100 points per day: (Tardy -25) (No PE clothes -60) (Lazy -50)  
(no participation -75 to -100) (insubordination or horseplay of any kind -100).
- **Warm-up Leader & Follower:** 250 points each quarter
- **In class Health and Fitness Article Review Presentation:** 250 points
- **Food and Activity log:** 500 points
- **Quiz:** 250 each
- **Final Exam:** 500 points
- **20 minute runs:** 320 points possible each run (40 points per lap accomplished within the 20 minutes)
- **2 Mile runs:** 320 points possible

#### Girls 2 mile Run Grading rubric:

21:30 minutes or under = 320  
22:00 minutes or under = 310  
22:30 minutes or under = 300  
23:00 minutes or under = 290  
23:30 minutes or under = 280  
24:00 minutes or under = 270  
24:30 minutes or under = 260  
25:00 minutes or under = 250  
25:30 minutes or under = 240  
26:00 minutes or under = 230  
26:30 minutes or under = 220  
27:00 minutes or under = 210  
27:30 + minutes = 200 (over 30min = 0 points)

#### Boys 2 mile Run Grading rubric:

20:00 minutes or under = 320  
20:30 minutes or under = 310  
21:00 minutes or under = 300  
21:30 minutes or under = 290  
22:00 minutes or under = 280  
22:30 minutes or under = 270  
23:00 minutes or under = 260  
23:30 minutes or under = 250  
24:00 minutes or under = 240  
24:30 minutes or under = 230  
25:00 minutes or under = 220  
25:30 minutes or under = 210  
26:00 + minutes = 200 (over 28min = 0 points)

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- **1 Mile runs:** 250 points each.

## **Girls Mile Run Grading rubric:**

8:15 minutes or under = 250  
8:45 minutes or under = 225  
9:15 minutes or under = 200  
9:45 minutes or under = 175  
10:15 minutes or under = 150  
10:45 minutes or under = 125  
11:15 minutes or under = 100  
11:45 minutes or under = 75  
12:15 minutes or under = 50  
12:45 minutes or under = 25  
13:15+ minutes = 0

## **Boys Mile Run Grading rubric:**

7:30 minutes or under = 250  
8:00 minutes or under = 225  
8:30 minutes or under = 200  
9:00 minutes or under = 175  
9:30 minutes or under = 150  
10:00 minutes or under = 125  
10:30 minutes or under = 100  
11:00 minutes or under = 75  
11:30 minutes or under = 50  
12:00 minutes or under = 25  
12:30+ minutes = 0

## **Make-up Work:**

A maximum of three excused absences per quarter will be allowed (300 points). If there are extenuating circumstances students or parents are welcome to discuss alternatives with me. The make up worksheet is found with [this link](#). For each day absent complete 1 workout on your own time; the document is outlined for up to 3 workouts. A parent signature is required! If a student is physically unable to do a workout due to injury or other circumstances. A written alternative will be provided upon request.

<https://docs.google.com/document/d/1QbQBCcNLgz-AI1DtVnJZZUZWiScA9-N4gxMt9Qj7W24/edit?usp=sharing>

## **Cell Phones/Tablets/Other Electronic Devices:**

This class is a no phone/tablet class. Leave them in your hall lockers! There will be times when they are allowed and this will be announced in class.

## **Lockers:**

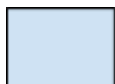
You will be issued a PE locker; this locker is for the storing of your PE clothes/shoes and your personal hygiene items. Backpacks and other school material are **not allowed** into the locker rooms or your PE locker. Those items and other valuables should be left in your hall locker. Do not leave any valuables in your PE locker; those items are much safer in your hall locker.

## **PE Clothes:**

PE clothes can be purchased through the school or you can bring your own from home. Shirts need to be grey in color, first and last name should be written on the front and back of shirt with a permanent marker (markers are available at school to do this). Shorts, sweats, leggings, etc. should be dark in color and need to be non-constrictive material to allow athletic movement. All PE clothes should comply with the school dress code.

## **Medical conditions, injuries, circumstances limiting participation & medications:**

Students with an of these situations or something similar will notify me (Mr. Shockley) immediately; a parent note accompanying the situation is also required. For ongoing medical conditions I prefer a doctor's note with specific guidelines on what the student is able to do and what activities should be avoided. I am able to work with several situations and help keep students active to the best of their ability (broken bones, asthma, etc.). However if a student is unable to participate in class due to illness it is better for them to stay home and rest; they can do a make up assignment when they are well. Please contact me with any specific questions or situational needs. [ian.shockley@washk12.org](mailto:ian.shockley@washk12.org)



**YES.** We have read and understand the 8th Grade Intermediate Fitness Course Disclosure.