

# Welcome to Individual Lifetime Activities!



## WHAT ARE INDIVIDUAL LIFETIME ACTIVITIES AND THE BENEFITS OF THIS COURSE?

Individual lifetime activities refer to any type of exercise that can be done alone, without the pressure of winning. The focus of this class is good health development and adoption, peace of mind and learning to reduce stress.

We will be engaging in numerous, diverse activities throughout the semester, such as yoga, pilates, swimming, weight training, kettle bells, power walking/jogging in the adjacent neighborhood, plyometrics, boot camps and fit balls. Students will also do a week long nutrition analysis project in which they will set goals. Throughout the course, I am hoping students will develop a true appreciation for fitness and place value on the importance of adopting a healthy lifestyle.

Students will exit the course with a complete understanding of the concepts associated with the heart rate. Students will also exit with the knowledge to integrate cross-training concepts into a sensible and achievable exercise regimen, which I hope will continue throughout life.

We take a few educational/fitness field trips where students will miss classes and be responsible for making up any missed work.

## DAILY REQUIREMENTS:

- **Three ring binder with activity journal-must be brought daily!!**
- **HEART RATE MONITOR MUST BE WORN DAILY!**
- Reusable water bottle (very important item)
- Yoga mat

- Comfortable, appropriate clothing (Sweat pants and jackets for outdoor walking/jogging, clothes of choice for indoor exercise (excluding spaghetti strap tank tops and short shorts)) Grey shirt and blue shorts requested. THESE MUST BE CLOTHES NOT WORN TO SCHOOL! WE SWEAT!
- Gym shoes
- Bathing suit, goggles, towel
- Positive Attitude and willingness to try

### **LOCKS:**

Locks may be brought in from home or purchased from the school. Locks will be sold for \$6. Students are responsible for locking up ALL of their personal belongings. The school is not responsible for lost or stolen items.

### **TARDY POLICY:**

Students will check in with me outside the boys locker room each day and will have 7 minutes to change and get to the appropriate classroom(123)/gym. Upon second tardy student will serve lunch detention. Upon accumulation of three tardies, a detention must be served and administration will be notified. Leaving class early will result in an automatic zero and a detention.

### **GRADING AND MAKE-UPS:**

Students are expected to change and participate every day. Grey T shirt and blue shorts are requested. Grades will be determined by dividing the total points earned by the total points possible. Students will be evaluated through daily participation points, time spent in the target training zone, effort levels, projects, papers, DAILY BINDER AND HEART RATE MONITOR CHECKS and other various assessments of fitness concepts. Grades are updated weekly on PowerSchool.

Students who are not appropriately dressed to participate, or have no shoes, will automatically lose half that day's points (UNLESS A **DOCTOR'S** NOTE HAS BEEN RECEIVED). Since participation is a major portion of the student's grade, every effort needs to be made by the student to make-up missed classes. I will be available for make-ups on a pre-scheduled basis. In addition to the loss of daily points, in class work will be provided for those not participating.

**Upon being absent, it is the student's responsibility to make up the absence by filling out the "Physical Education Make-Up Work!" sheet, available on my webpage. This is the only way that points will be given for the absence. Otherwise, the absence becomes a zero.**

Best wishes for a great semester! **Any parent/guardian with a passion for any lifetime activity and interested in sharing and leading a class, we would be pleased to have you and just indicate on the attached sheet.** Any questions, comments or concerns, please feel free to contact me.

Mr. Rick Forrest

Rf09bps@birmingham.k12.mi.us

**PLEASE SEE THE ATTACHED SHEETS! (Understanding of Syllabus form and Heart Rate Monitor Contract)**

## ILA SYLLABUS FORM

**PARENTS/GUARDIANS AND STUDENTS:** Please sign and return this sheet to me no later than Friday, September 5

, to acknowledge that this information has been gone over together and that students understand their responsibilities for this course.

Student's Name: \_\_\_\_\_ Student's Signature: \_\_\_\_\_

Health Concerns: \_\_\_\_\_

What activity/workout would you most like to do in this class? \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Parent Contact Phone #: \_\_\_\_\_

Parents, would you like to present/lead a workout? \_\_\_\_\_

If yes, what activity and when's your availability? \_\_\_\_\_

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