

::Life Skills Syllabus::

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Course Content: The purpose of this class is to expose students to activities and classes commonly found in health clubs, which prepares students for life-long fitness.

We focus on resistance training, yoga, self-defense, stress management, cardiovascular activities, mind body health and nutrition.

Grading:

- Assessment: 60% of final grade (this includes fitness days)
- Participation: 20% of final grade
- Final Exam: 20%

What You Need for Class:

- Notebook
- School Issued Lock
- Athletic Clothes

When You CHOOSE Not to Change for Class:

Students must wear appropriate clothing that adhere to the school's dress code. All students are required to wear athletic shoes, athletic shorts/ sweatpants, and athletic shirt/ sweatshirt every day. If a student does not have appropriate shoes (i.e. slides, flipflops, moccasin, uggs, crocks, sandals, boots) it will result in a "No Dress" and will only be allowed to safely participate in activity for the day.

Students will have the opportunity to make up all "No Dress's" after school in the weight room or before school at individual teacher discretion.

Students who do not dress for class will lose 10% of their 18-week semester grade. These "No Dress's" will be tracked in the first column of the gradebook on eSchool/Home Access Center. Students will have until the week before finals start to make up any "No Dress". Every 30 mins in the weight room will equate to 1 "No Dress".

i.e. If a student has 4 "No Dress's", that student loses 40% of their overall grade. So if that student had a 100% after finals their final grade will drop to a 60%.

Only exceptions are students with Dr. Notes in which students will follow the medical make-up process.

What Happens When You Are Absent:

-*Excused Absences*: This includes when parents call you in, you are at the nurse, you have a college visit, you are at the deans/counselor, you have AP testing, etc...you NEED to make these up!

-How you can make up your points:

*Go to weight room after school for 30 min. of activity

*Attend a PNHS sporting event and write a 1 pg (handwritten) summary of the event (**you cannot be a participant in the event...spectator only)

*Find an article that relates to a topic we discuss in class and write a 1 pg (handwritten) summary of article

*Heart Rate Monitor Days: MUST be made up before/after school using a heart rate monitor

Late Work:

-5 pts. Off each day the assignment is late

Cell Phones:

-Students should NOT be on their cell phone at ANY point during class (especially in the locker room). This includes walking the track in the beginning of class, transitions, etc. Students will be assigned a number and will put their phone in the corresponding pocket at the front of the room for the duration of class if they bring it with them. When using cell phones for an academic purpose, the expectation is that the student is only using it for curriculum reasons. If a student is caught on their phone or using it inappropriately in class, they will be given a warning the first time. After that, it will result in a referral or a teacher detention.