

AEROBIC FITNESS GUIDELINES

Instructor	Mrs. Lee	E-mail	dlee@hartdistrict.org
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Office	PE Office	Class	Aerobic Dance

Dress Policy:

Students will present themselves professionally by wearing the Valencia H.S. P.E. uniform (you can purchase this at the student store) and proper athletic footwear (no flat soled shoes such as converse- there is no support). Students will be changed and ready to learn at **SIX** minutes after the bell rings where class meets. Class will be dismissed with ample time to change clothing. You must take your clothes home at least once a week to be washed.

- NO JEWELRY
- NO GUM
- If a student is sick, he/she must have a note from home **that day of being sick** – **NOT** the day after and **must dress for class**. If the student is sick for more than three days, you must provide a doctor's note. If student is excused from a doctor, the student must provide a doctor's note to the teacher for her records with explanations of what the student can or cannot do specifically.

Description:

The purpose of this course is to offer students the opportunity to build cardiovascular endurance, to enhance coordination, and to strengthen large muscle groups. Each individual student will be able to work at his/her own intensity level to meet his/her own needs safely.

Goals:

- Develop improved conditioning through performance of aerobic dance, step aerobics, kick-boxing, Pilates, yoga, or other type of exercise routines.
- Develop rhythmic coordination of movement and music.
- Combine conditioning exercise and self-expression by creating an aerobic exercise routine for personal growth or class use.
- Understand fitness concepts, such as pulse/heart rate and target heart rate zone, and will be able to monitor individual progress.
- Execute improved flexibility, muscular strength, muscular endurance and cardiovascular endurance.

Expectations for Students and Teacher:

- We will be attentive and polite to each other. Please use appropriate and professional language in the classroom.
- We will be positive and willing to take risks. This is our chance to explore movement and be willing to make mistakes while supporting others.
- We will come to class ready to learn. This means we are prompt, consistent in our worthwhile contributions to the class, and maintain appropriate behavior. We will be responsible and accountable for our actions and honest about our behavior.
- We will always be ready to move. While others are exercising during down time, we are practicing, doing sit-ups, push-ups, or stretching.
- If you must sit out of class, you must remain attentive to the class activities, as you will be held responsible for all information. If you do not dress or participate you must stand/sit quietly (without disturbing the class or teacher) for the entire class period in a spot designated by the teacher. You will need to make up the class period through extra credit.
- If the student does not dress/change for class, the student must stay with the teacher until dismissed from class (while other students are changing).
- All assignments are due on time at the beginning of the class period (evaluations/projects/critiques). Please keep all assignments and materials passed out in class, in your three ring binder/folder, for your semester portfolio project.
- In the rare event that someone has difficulty following these guidelines:
 - Receive a verbal/non-verbal warning
 - Opportunity Room
 - Not be welcome in the classroom until the teacher and student reach a sufficient explanation and solution.
 - Parent, counselor, and administrator contact
 - Referral

Grading Policy:

Ten points are given each day for participation, effort, and attitude. All students start each week with an A+ (50 out of 50 pts.). IF you sit out or are absent you DO NOT receive any points for the day. Points lost for an excused absence from daily participation can be made up with extra credit assignments determined by the teacher. Students' skills, improvement, and knowledge will also be evaluated regularly by performance, projects, quizzes, exams, critiques, skills tests, and essays. Finally, there will be a written final and/ or portfolio assignment each semester.

- **Dress and Participation, effort and attitude** (50% of the grade)
- **Skills, improvement and knowledge** (20% of the grade)
- **Fitness, improvement and knowledge** (20% of the grade)
- **Final Exam/portfolio** (10% of the grade)

According to the Physical Education Policy, students must be in class and actively participating at least 66% of each 10 week grading period. If you miss 15 days for any reason, including excused absences, unexcused absences, and non-participation will result in a fail for the 10 weeks.

TARDIES: (for each 10 weeks)

- 3 tardies = N in citizenship
- 5 tardies = U in citizenship, 1 letter grade drop
- 7 tardies = U in citizenship, 2 letter grade drop
- 9 tardies = U in citizenship, 3 letter grade drops
- 10 tardies = U in citizenship, fail the class

NON-DRESS POLICY:

- First Non-Dress: -50 points
- Second Non-Dress: -100 (CALL HOME)
- Third Non-Dress: -200 Points (IN DANGER OF FAILING)

If a student does not dress, but does participate, he/she will receive a 5 point deduction for the day from participation points. **If the student does not dress or participate, he/she will lose participation points and non-dress points.** Each non-participation will drop the present grade one letter grade lower. Four non-participations will result in failure (same as unexcused absences).

UNEXCUSED ABSENCES:

Each unexcused absence will drop the student’s letter grade once. Four unexcused absences results in a drop/fail from the class. (An unexcused absence and/or non-participation will drop the grade one letter grade lower).
 There will NOT be any make-ups or extra credit for unexcused absences or non-participations.
 If a student has perfect attendance for the 10 weeks there will be 10 bonus points added to their grade.

PLEASE CUT OFF AND RETURN



I, _____, (print student’s name) understand and agree to all the terms outlined in Mrs. Lee’s Aerobic Class Guidelines. Only my most diligent commitment to these guidelines will allow me to receive the grade I earn.

Period	Student’s Signature	ID #	Parent’s Signature	Date
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