**Course: Aerobics**

**Instructor: Coach Williams**

**Credit: PE**

 \*Please note that rules and regulations may change. Everything that we are doing at PHS is to keep you safe!

**Objectives:**

1. To learn about and improve cardiovascular fitness.

2. To learn about muscles and develop good muscle tone of your own muscles.

3. To develop fitness and wellness vocabulary.

4. To develop a kinesthetic awareness of your body.

5. To learn about nutrition, calorie consumption and become aware of healthy eating habits.

**Student Expectations**:

1. Each student is responsible for knowing and following all rules, including dressing out

 properly each day.

2. Students are responsible for lessons taught each day even when absent.

3. Each student is responsible for personal belongings and school equipment.

4. All phones must be placed in students bags/purse/backpacks before dressing out.

**Guidelines for dressing out:**

1. Everyone will be required to dress in athletic clothing that you can move around in; yet

 school appropriate. Properly dressing out includes: tennis shoes, sports bra, shorts,

 spandex or leggings and a T-Shirt.

2. Student will need their own tennis shoes with clean socks each day for workouts.

3. Hair must be pulled back away from the face.

4. No over the top or distracting jewelry maybe worn. Small jewelry is fine.

**Lockers:**

Due to the Covid 19, we will not be issuing lockers at this time. Students will be allowed to go into the locker room 4-5 at a time to change in a timely matter. MASK MUST BE WORN AT ALL TIMES! Students will need to take all of their belongings with them everywhere they go. Students must have workout clothes with them every class period and can’t leave anything in the locker room.

**Not Dressing Out:**

Students will receive a zero for the day if they do not dress out.

**Illness/Injury**:

A doctor’s note or parent note must be presented at the beginning of class. Students will be given a written assignment that day instead of working out. If a student is ill or injured for more than 3 days a doctor’s note will then be required with instructions on how long the student is out. For limited activities, a doctor must list which exercises are not permitted and for how long.

**Evaluation:**

Grades will be based on the following: wearing proper attire, daily participation, fitness skill assessments, written assignments, quizzes, exams and a final Aerobics project. Daily grades are assessed from dressing out and participation (50% for dressing out and 50% for participation).

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**I have been made aware of the class expectations of all students enrolled in Aerobics and understand the class rules, procedures and policies.**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Print Students Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**