

Naperville North High School
Freshmen Fitness Concepts Physical Education Class
Course Syllabus
2020 - 2021

Mission

To educate students to be self-directed learners, collaborative workers, complex thinkers, quality producers, and community contributors

Course Description

Freshmen Fitness Concepts class will encourage, direct and educate students how to practice physical fitness and emotional health on a daily basis. Students will learn and understand the importance of cardiovascular endurance, muscular strength, muscular endurance, flexibility and wellness. Students will engage and track physical activity through the use of their device. Students will learn a variety of exercises through teacher lead workouts and videos. Students will learn the practice of resilience in a classroom/zoom setting.

Program Overview

Step count tracker becomes an everyday check-in with yourself

Couch to 5K (C25K) Training App

Pilates/Yoga

Gratitude Journal

Resiliency lessons

HIIT Training/Tabata Workouts

Instructional Methods:

Zoom meetings for daily attendance and class lessons.

Canvas will provide Zoom link, daily agenda, reviews and assignments.

Infinite Campus will provide grades.

Student expectations during E-Learning

- Daily attendance will be taken on Zoom
- All students will check Canvas and Remind daily for communication from teacher and staff
- All students will be expected to participate in learning activities provided by teacher
- Email or message teacher with any questions; please allow a response window until the end of the next school day
- Complete and submit high quality original work to teachers
- Be respectful to yourself, teachers and peers
- Check grades in Infinite Campus to monitor progress
- Complete all assessments and assignments
- Understand all NNHS student handbook expectations and rules.

Student “GO-LIVE” Zoom Expectations

- Link for Zoom can be found in Canvas on home page
- Be on time Zoom Meeting
- Have your Last name, First name on Zoom Screen
- Mute audio when not speaking
- Be prepared and participate appropriately during synchronous (live) sessions
- Ask questions for clarification
- Talk one at a time and be an effective listener
- Only post appropriate comments in the chat
- Use respectful language and appropriate behavior at all times
- Participate in only assigned sessions

Grading Calculation

At Naperville North we define formative and summative work as follows:

Formative work is used to monitor student’s learning to provide ongoing feedback that can be used by students to improve their learning. Examples may include: practice activities, homework, quizzes, etc.

Summative work is used to evaluate student learning at the end of an instructional unit or segment of learning by comparing it against a standard or benchmark.

Grades communicate each student’s progress toward mastery of goals/standards for the course. Grades should not be reduced or inflated due to student behaviors outside of the standards.

- ☐ No extra credit will be issued.
- ☐ Formative assignments will be accepted up to the end of each unit.
- ☐ A zero on a summative assessment will only indicate that no attempt was made by the student
 - ☐ Violations of the academic integrity policy will be consequence by administration in collaboration with the IC/teacher.
- ☐ Formative work submitted after the due date cannot be penalized more than a total of 10%.
- ☐ Summative work submitted after the due date cannot be penalized more than a total of 10% and must be submitted prior to the end of the next unit.

Weighted Grading

Coursework = 90%

Daily Engagement = 60%

State Standard 19 - Skills & Knowledge = 20%

State Standard 20 - Fitness = 15%

State Standard 21 - Teamwork/Team Building = 5%

Final Exam = 10%

Academic Integrity Code

STATEMENT District 203 students are challenged to address the academic process enthusiastically, diligently, and most importantly, honestly. It is the responsibility of our students, teachers, and administration to uphold the fundamental academic values of honesty, responsibility, fairness, respect and trust. The integrity of our district's academic programs is built upon these principles.

Academic integrity violations include cheating; plagiarism, self-plagiarism or copy infringement; obtaining or providing an unfair advantage; falsification of documents; unauthorized access to records; and inappropriate collaboration, whether intentional or unintentional. The classroom teacher and administration will collaborate and exercise professional judgment in determining academic integrity violations.

Reassessment Policy

Students will be provided multiple and varied opportunities to demonstrate mastery of learning standards.

- ☐ The purpose of reassessment is to allow students to demonstrate mastery of course standards in which they remain deficient.
- ☐ Students will be required to engage in further learning and reassessment when students do not demonstrate sufficient learning of the course essential standards.
- ☐ Students who have demonstrated sufficient learning of the essential standards (but scored below 80%), will be allowed reassessment opportunities on summative assessments if they so choose. To be eligible for reassessment, students must
 - ☐ Demonstrate readiness for the summative assessment through completion of formative work.
 - ☐ Complete designated learning experiences as assigned by the teacher
- ☐ Reassessments MUST be completed during the next unit of study.
- ☐ Project-based assessments that include multiple opportunities for feedback and improvement in the assessment process will represent multiple attempts and be considered a reassessment
- ☐ Higher reassessment grades will replace the original assessment score (but will not exceed 80%).

Communication

- Encourage your student to communicate with their teacher regarding questions.
- Teachers make every effort to respond to emails and phone calls within 24 hours during the work week.
- The best way to communicate with teachers is through email; however, if you haven't received a response within 48 hours, please resend the email or call their voicemail. Your email may have been filtered.

Parents or Guardians

Naperville North believes in a collective partnership with parents/guardians which provides students the best opportunities for success.

Some ways parents/guardians can support their student's learning are:

- Actively check Infinite Campus for their student's grade.
 - o Infinite Campus is a tool to progress monitor student work until final course grade is posted.
 - o Monthly progress grades are posted and represent the current grade of a student in the course at that moment in time.
- Discuss missing assignments, reiterate due dates, help organize folders, materials, assignment notebooks and review upcoming projects and assessments.