**North Mecklenburg High School Group Fitness Lockie**Website- <http://kailynvlockie.weebly.com> Email- kailynv.lockie@cms.k12.nc.us

**Course Summary:** Group Fitness is a strength and conditioning based fitness class designed to improve muscular strength, cardiovascular capacity and efficiency, increase flexibility, and improve overall conditioning. Students are expected to perform each exercise for the required number of sets and reps, to the best of their abilities, and in good form. By doing this, they will realize improved fitness test scores from beginning of the semester testing to end of the semester testing. Improvements will be a byproduct of consistent commitment to the program. Students will also have an opportunity to experience and participate in group fitness elective strands, such as yoga and group fitness conditioning class.

**Class Progression:** This course is designed to begin the semester with a manageable “sets and reps” based circuit training program that progresses in volume and intensity each week.  
This will be an intense cardio class and is a fitness based class. All students are required to participate to the best of their ability. Sitting out will not be acceptable and all students in the class will be expected to dress out and participate every class. Failure to do so will result in deducted points

Rules  
1. NO HORSEPLAY!  
2. No food or drinks allowed in the gym or locker rooms.  
3. Valuables are the student’s responsibility. Students are to leave all valuables and belongings in one of the PE lockers and secure with a lock. Teachers are not responsible for lost or stolen items. Locks can be placed on lockers in the locker rooms, but must be removed at the end of each class period. All locks will be cut from lockers at the end of the day. Combination locks only- do not use key locks  
4. Students enter and exit class through the locker room doors.   
5. NO BOOKBAGS OR PERSONAL ITEMS MAY BE BROUGHT INTO THE GYM, this includes cell phones.  
6. Students should not sit on top of bleachers.  
7. Students should respect our facilities and take care of equipment that is assigned to them. Damage to the equipment will be the student’s responsibility.  
8. NO ELECTRONIC DEVICES (PHONES, IPODS, ECT)!!!!!! All phones will be confiscated per NM policy and guidelines  
9. No hats or head coverings while indoors.  
10. Do not enter or exit the gym through the front doors.

Materials  
1. Athletic Attire- shorts, tee-shirt, closed toed tennis shoes with ties  
2. 1 composition notebook- used for student reflection journal

Academic Honesty  
Students are expected to adhere to the North Meck School Honor Code. The honor code is the following: Each student is honor-bound to refrain from cheating, lying or misrepresenting the truth and stealing.

Cell Phone Policy  
1. Per new school guidelines, cell phones will not be permitted. If a cell phone is out during class, the phone will be confiscated. A security associate will be called to collect the cell phone, and the cell phone will be turned in to the front office for pick up.



Expectations  
1. The student will arrive to class on time. You must be in the locker room when the tardy bell rings. If tardy, students are expected to follow NM Tardy guidelines. No students will be let out of class first and last 15 minutes of class.  
2. The student will participate to their personal best each class meeting.  
3. The student will dress out for every class meeting. Proper physical education attire includes tennis shoes, socks, athletic shorts/sweatpants, and tee-shirt/sweatshirts. No denim or open toe shoes!   
4. The student will complete all assigned written assignments and tests/quizzes.  
5. Excused absences are eligible for recovery. There will be no recovery for unexcused absences.

Procedures  
1. The student will have 5 minutes to dress out and report for roll call. At the end of the class period, students will have 4 minutes to change back into school attire.  
2. When I enter the gym, all students will be seated in the appropriate assigned squad spot for attendance. **You will be counted absent if I do not see you or late if you are not at your assigned spot!**3. While at their squad spots, students will complete their daily journal log while attendance is being taken.   
4. The student will participate in the warm-up activity which will include flexibility, strength, and agility activities.   
5. The student will participate in the daily fitness activities designed to improve fitness and cardiovascular endurance.

Discipline  
1st offense: Verbal warning  
2nd offense: Conference with student  
3rd offense: Phone call to parent/guardian  
4th offense: Referral to administrator

Medical Excuse Policy  
If an injury occurs during the course of the semester and the student us unable to participate in activities, a doctor’s note is required to exempt the student from physical activity. The student will then be presented with written work to complete during class time to replace the participation grade. This will continue as according to the doctor’s note of how many days the student will need to sit out of the activity. The student is still required to dress out.

Grading  
1. All students earn 10 points total on a daily basis towards their final grade. Rubric for that grade is posted on the teacher’s webpage.  
2. Students that are not dressed out will have a daily written assignment that will be turned in at the end of class. Failure to turn in will result in zero credit for the day.

NMHS Grading Procedures  
Late Work Policy:  
 -Upon return from an excused absence, students have 5 days to submit make-up work. Any previously announced assignments/tests prior to absence(s) will not be moved or rescheduled.   
 -If your assignment is late and you are present on the due date you will be docked a Letter Grade or 11% points.   
 -If you find yourself in a situation turning in late work before the end of the quarter it must be turned in on the following dates to receive a 50% to replace a “0”.  
**Q1 – Oct. 23th   Q2 – Jab. 11th    Q3- March 21st    Q4-May 24th**  
Grading/Retest Procedures:   
 -The grading scale used to determine a student’s final grade average is based on CMS Policy assessment guidelines. *All student are working towards mastery of their content. Mastery is considered at 79% or higher. If this is not obtained students will have the opportunity to practice that skill again and retest. In this case the maximum point value they can earn is a 79%.*

* Students will have 5 class meetings to complete a qualifier for retesting and 10 class meeting to retake a Formal Assessment (Test). The student must communicate with the teacher to schedule a time for his/her Retest.

**Informal Assessments**-----------------------------30%        **Formal Assessments**-------------------70%

Example: Dress out, participation, Example: Skills assessments,   
 homework end of unit tests, journal reflection logs