**Aerobics**

**Plymouth School District**

**Classroom Expectations and Guidelines**

The student that takes Aerobics will know and be able to demonstrate the following activities when they have finished taking the class:

* Know the 5 Components of Fitness
* Demonstrate how to calculate a Maximum Heart Rate (MHR)
* Demonstrate how to find a Resting Heart Rate (RHR)
* Demonstrate how to find a Target Heart Rate (THR)
* Know what activities help them to improve their 5 Components of Fitness
* Know what cardiovascular activities can improve their overall fitness
* Increase their overall fitness level

**Rules of the Aerobic Room:**

* Please *do not* talk when I am talking.
* Follow all the directions the first time they are given.
* Apply *all* safety rules!
* Use equipment for its intended purpose.
* Harassment of any kind will not be tolerated.

**Other important information you need to know:**

* You are all given a lock. The most important thing is to USE it. Be sure to lock up all personal belongings. If you don’t, you run the risk of having something “walk off.”
* **Important:**  If you are not able to participate, you are allowed **one**parental excuse and then I need to see a written doctor’s excuse. Completion of course requirements for students with extenuating circumstances will be dealt with on and individual basis.
* Students may earn anywhere from 1 to 4 points each day. These points are awarded for learning, effort, behavior, participation and dress according to the rubric below.
* **ABSENCES**: Every absence after the 5th absence, you will lose 4 points. **You may make up the classes you have missed due to absence.** These classes can be made-up in the weight room only. This can be done either before or after school. Up to 2 class periods can be made-up in one day.

Revised 1/06/2010

**Grades will be based on the following Rubric:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **4** | **3** | **2** | **1** | **0** |
| **Uses appropriate skills required by Unit targets** | **Uses some of the appropriate skills required by Unit targets** | **Participates using limited skills required by Unit targets** | **Participates without using Unit targets** | **Does not participate** |
| **Demonstrate responsible personal and social behavior in physical activity settings**   * **Appropriately dresses for activity per classroom expectations** * **Makes choices based on the safety of self and others** * **Applies rules, procedures and etiquette of the class** * **Works cooperatively with a group** * **Works independently to accomplish a goal** | **Demonstrates some personal and social behavior in physical activity setting** | **Demonstrates limited personal and social behavior in physical activity setting** | **Participates without appropriate personal and social behavior in physical activity setting** | **Does not participate** |

**GRADING SCALE:**

|  |  |
| --- | --- |
| **A** | **95-100** |
| **A-** | **93-94** |
| **B+** | **91-92** |
| **B** | **87-90** |
| **B-** | **85-86** |
| **C+** | **83-84** |
| **C** | **79-82** |
| **C-** | **77-78** |
| **D+** | **75-76** |
| **D** | **71-74** |
| **D-** | **69-70** |
| **F** | **68.9 AND BELOW** |

Revised 1/06/2010