**Crossfit and Weight Training**

Syllabus

| Discovery Middle School | Teacher: | Dawn Wilson |
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| **Course Description:** | ***The students will learn the ten components of physical activity: Cardiovascular endurance/respiratory endurance, stamina, strength, power, speed, flexibility, agility, accuracy, balance, and coordination. The students will do a combination of crossfit workouts and learn how to properly lift weights and maintain a healthy lifestyle.***  [***Physical Education Standards***](https://www.asahperd.org/assets/2019%20Alabama%20Course%20of%20Study%20Physical%20Education.pdf) |
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| **Course Objectives:** | At the conclusion of this class, students will be able to apply the ten components of physical activity to their own personal workout routine. |
| **Classroom Expectations:** | Classroom Rules and Procedures:  1. Have a positive attitude.  2. Be responsible.  3. Be respectful to others and their opinions.  4. Set high expectations for yourself.  5. Follow all school rules.  6. Follow all gym rules as discussed on the first day.  **7. No Cell phones/air pods/headphones or any other technology devices allowed in the gym or locker rooms.** |
| **Textbook:** | N/A |
| **Grading:** | Test grades will account for 60% of the 9-weeks grade, with the remaining 40% being determined by quiz/daily grades. The grading scale is as follows: A (90-100), B (80-89), C (70-79), D (65-69), and F (below 65). Grades will be a reflection of mastery of the standards. Make sure all absences are excused as work can be made up and graded for excused absences only.  **Dressing out 20 daily points=100 points (All or nothing policy)**  **\*Points will be deducted at the discretion of the coaches. The coaches are showing grace by allowing 2 missed dress days due to forgetfulness.**  **Participation=20 daily points=100 points**  **Skills Work=20 daily points=100pts** |
| **Make-up Work:** | Under normal circumstances, it is expected that students will submit previously assigned work upon return to school after an excused absence. All work missed on the day(s) of excused absences must be made up within a timeframe determined by the teacher. **It is the responsibility of the student to ensure he or she makes up work following excused absences. Students will not receive credit for and will not be allowed to make up any assignments, tests, work, activities, etc., missed during unexcused absences.** (DMS 2021-2022 Student Handbook) |
| **Late Work:** | For work turned in late, the following policy will apply:  • The assignment will drop one LETTER grade for each school day that passes. For example, if an assignment is turned in one school day late, the highest a student can receive is 89%; two days late, 79%, etc.  1 day late = maximum credit 89%  2 days late = maximum credit 79%  3 days late = maximum credit 69%  4 days late = maximum credit 59%  5-10 days late = maximum credit 50%  • Half credit is always better than no credit! Until work has been made up, “Missing” (which counts as a zero) will be put in the grade book. This will be updated once work is completed and turned in. |
| **Accommodations:** | Requests for accommodations for this course or any school event are welcomed from students and parents. |
| **Turnitin Notice:** | The majority of writing assignments in this course will be submitted to Turnitin via the Schoology learning platform. The primary focus of this software is to help students become better writers and scholars. Turnitin generates a report on the originality of student writing by comparing it with a database of periodicals, books, online content, student papers, and other published work. This program will help students discern when they are using sources fairly, citing properly, and paraphrasing effectively - skills essential to all academic work.  Students will have the opportunity to review their Turnitin originality report and will have the opportunity to make revisions before submitting their work for grading. Once their work is submitted, teachers have the opportunity to view the student's originality report and grade accordingly. |
| **Technology** | Concerning laptop utilization:  1. Student laptops should not be hard-wired to the network or have print capabilities.  2. Use of discs, flash drives, jump drives, or other USB devices will not be allowed on Madison City computers.  3. Neither the teacher, nor the school is responsible for broken, stolen, or lost laptops.  4. Laptops will be used at the individual discretion of the teacher and should be brought to school daily.  5. **No technology allowed in the gym unless specified by the teacher.** |
| **Materials and Supplies:** | *Clorox Wipes and paper towels are needed but optional.*  6. ***Clorox Wipes and paper towels are needed but optional.***  ***We have a care closet in which we are in need of deodorant(men’s/women’s), tampons, and pads.*** |

| **9 Week Plan *\*Subject to Change*** | |
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| **Week** | **Unit** |
| **1** | Intro to Intermediate Weight Lifting |
| **2** | Chest |
| **3** | Triceps |
| **4** | Quads/Hamstrings |
| **5** | Fitness testing |
| **6** | Core |
| **7** | Biceps |
| **8** | Back |
| **9** | Review |