

# **CrossFit Del Campo**

Strength and Conditioning

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## **DEL CAMPO PHYSICAL EDUCATION**

### **MISSION STATEMENT**

The Physical Education program will empower the student with the ability to demonstrate, understand, and appreciate skills and wholesome behaviors that will contribute to a healthy and productive lifestyle.

#### **1. PHYSICAL EDUCATION UNIFORM**

- Regular Del Campo Physical Education uniform or solid royal blue athletic shorts and a solid white T-shirt
- A **white** T-shirt promoting Del Campo
- Athletic shoes that cover entire foot
- Earned blue/gold fitness shirt
- Royal blue sweat clothes worn over gym uniform
- No jackets and no hats, no sleeveless shirts (school policy)

#### **2. ZERO TOLERANCE FOR NON-SUITS**

- All students must dress out daily for class. **CLEAN LOANER CLOTHES ARE AVAILABLE IN THE COACHES OFFICE BEFORE WARM UPS. STUDENT MUST SHOW ID CARD FOR COLLATERAL.**
- Each student is allowed 5 loaners in a grading period. After 5, the student will be denied loaners and receive a zero for the day with no chance of make up. After 5 a student will be issued a referral.
- Enables quick identification for all PE students
- Promotes good personal hygiene
- Demonstrates readiness to actively participate
- Promotes social responsibility

#### **3. LOCKS**

- Students will provide their own lock
- NO key Locks will be allowed
- Del Campo will retain access to the lockers by keeping a master list of combinations.

#### **4. LOCKER ROOM**

- Always lock your valuables
- Do not share your combination with anyone
- Do not share your locker with anyone
- The locker rooms are locked during the class period. No re-entry
- NO EATING
- NO HORSEPLAY

#### **5. ROLL CALL AND WARM UPS**

- Be in the PE hallway by the tardy bell
- You have 5 minutes to dress and be seated in roll call order in the weight room
- The school tardy policy will be followed

#### **6. EXPECTED BEHAVIOR**

- Bathroom breaks and drinks are allotted after Warm ups.
- Student may still use the restroom but they will lose 2 points.
- If caught cheating 3 times on anything during the term a student will receive an automatic F in citizenship. After being caught cheating once a student will lose the right to be on a record board.
- Encourage fellow students in their activities: no put downs are allowed
- Be polite to everyone in your class (including your teacher, TA's, and substitute teachers)
- No backpacks allowed in the gym or weight room unless you have an early dismissal.
- No food or drinks (water ok) in class ... PERIOD! Supplements are never allowed in the class.

- A doctor's note is required to be excused after 5 days. If a medical is for 2 weeks or longer a student may make arrangements to transfer another class.
- Students must still dress out for class

#### 7. EARNING CREDIT

- 280 credits are required to graduate
- This class can account for 10 of those credits.
- After 9 days are missed with no makeup, an automatic F will be given. Make up work is allowed for excused absences. **All make-ups must be completed within 5 days of returning from the absence!** Any absence lasting longer than 2 weeks requires a doctor's note may result in loss of credit and/or a transfer out of class to independent study or other class.
- A note from a parent will excuse a student from participation due to illness or injury for up to 5 days. **Students must still dress for class, no exceptions.**

#### 8. GRADING

##### MOVEMENT SKILLS AND KNOWLEDGE-25%

1. Participation in all class activities is assessed daily
2. Cardiovascular fitness
3. Warm ups
4. Skill Evaluation for improvement (Lifting Techniques)
5. Daily Work outs

##### PHYSICAL FITNESS/CROSSFIT-25%

1. The entire class will take part in physical fitness assessment tests which include:
  - a. Medicine ball throw (3 kilo SPARQ ball) from the knees
  - b. Vertical jump (lower body power)
  - c. Standing broad jump (lower body power)
  - d. I test (lateral movement)
  - e. 40 yard dash (times will be recorded to the nearest 1/100<sup>th</sup> of a second)
  - f. Bench Press (upper body strength)

**\*\*\*Please note\*\*\***

- Each tests gives each student a chance to succeed in different areas. Not all students will be perfect at every test. Please consult teacher for further information.
2. Students will participate in a variety of different activities throughout the term to improve the scores on the above tests that will be re applied at the end of the term.

##### Social Development / Citizenship-40%

1. Daily uniform and binder
2. To receive an A in the class a student must respond to at least 20 posts on my website Blog. *Blog Posts* include responses to the *wods*, results, questions, suggestions etc.
3. Form
4. Behavior
  - a. Maintains a positive attitude in class
  - b. Follows instructions
  - c. Respectful to self and others
  - d. Appropriate language at all times
5. a. If a person is caught cheating their grade in this category will drop 1 letter grade from the ending grade for each time they are caught.
6. This grade standing alone will account for the citizenship portion of the student's grade.

##### Final-10%

1. Final

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Student Signature

Date

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Parent Signature

Date

