



**Madison County Public Schools**  
**Lifetime Activities**

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### **COURSE DESCRIPTION**

Lifetime Activities is about providing students with the opportunity to participate in physical activities for specific purposes. Students apply advanced movement-specific information so that they develop the ability to learn, self-assess, and improve movement skills independently. Students will demonstrate the knowledge and understanding necessary to analyze movement performance in an activity of choice using scientific principles, and implement effective practice procedures for skillful performance in specialized movement forms.

### **COURSE OBJECTIVES**

1. The student will study in-depth and demonstrate mastery of movement skills and patterns in at least one lifetime physical activity per nine-week period.
2. The student will apply knowledge of body systems and movement principles, and concepts that aid in the improvement of movement skills and performance to specialized movement forms.
3. The student will design, implement, and evaluate a personal fitness program for self, a college student, or an employee in a selected field of work.
4. The student will evaluate and implement a safe environment for skill practice and play and demonstrate social competency skills for lifetime activity participation.
5. The student will explain the importance of energy balance and demonstrate understanding of the nutritional needs of the body to maintain optimal health and prevent chronic disease for a lifetime.

### **COURSE OVERVIEW**

#### ***Rules and Procedures***

1. Students should be in the locker rooms before the tardy bell rings. Students will be given 5 minutes to dress at the beginning of class and approximately 8 minutes at the end of class.
2. Do not leave the locker room/gym area until dismissed by the teacher or the bell rings. Doing so will result in an administrative referral.
3. Students are expected to wear proper P.E. attire and be ready to participate.
  - a. You must change clothes from what you wear to school
  - b. You must adhere to the school dress code
  - c. Tennis shoes
  - d. Athletic shorts/pants and shirt
  - e. Shorts must have a minimal 6 inch inseam
  - f. You must remove jewelry, watches, dangling earrings, etc.
  - g. No skirts, tank tops, cut off shorts, winter coats, spandex, etc.
4. Students are responsible for securing their PE lockers at all times and the PE department is not responsible for lost or stolen items.
5. Students may not use equipment unless under direct supervision of the teacher.
6. All injuries need to be reported to the teacher before the end of class.
7. When students enter the gym after changing, they are expected to walk and will report to exercise rows when the whistle blows for attendance and announcements.
8. Students will follow teacher instructions to ensure a safe learning environment.
9. No food or drinks allowed in the gym except plastic water bottles with tops.
10. **CLASSROOM VALUES:** Students are expected to exhibit professional behaviors and dispositions at all times. Be respectful of other students, equipment, and teachers at all times and always demonstrate good sportsmanship during all activities.



## TENTATIVE COURSE SCHEDULE

A tentative schedule is included, but may be altered; other material may be included as needed. **\*\*Note:** Faculty reserves the right to alter the schedule as necessary.

DATE			TOPIC	TEST & ASSESSMENT DATES
T	August	16	First day of school - review syllabus, review rules and procedures, distribute locks	
W	August	17	Fitness Testing	
Th	August	18	Fitness Testing	
F	August	19	Fitness Testing	Fitness Testing Assessment, Weekly Student Engagement Assessment, Terminology Quiz
M	August	22	Backyard Games	
T	August	23	Backyard Games	
W	August	24	Backyard Games	
Th	August	25	Backyard Games	
F	August	26	Backyard Games	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
M	August	29	Golf	
T	August	30	Golf	
W	August	31	Golf	
Th	September	1	Golf	
F	September	2	Golf	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test
<b>M</b>	<b>September</b>	<b>5</b>	<b>NO SCHOOL – Labor Day</b>	
T	September	6	Golf	
W	September	7	Golf	

Th	September	8	Golf	
F	September	9	Golf	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
M	September	12	Hiking	
T	September	13	Hiking	
W	September	14	Hiking	
Th	September	15	Hiking	
F	September	16	Hiking	Motor Skill Development Project, Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
M	September	19	Fishing & Personal Fitness Project	
T	September	20	Fishing & Personal Fitness Project	
W	September	21	Fishing & Personal Fitness Project	
Th	September	22	Fishing & Personal Fitness Project	
F	September	23	Fishing & Personal Fitness Project	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test, Project due
M	September	26	Ultimate Frisbee	
T	September	27	Ultimate Frisbee	
W	September	28	Ultimate Frisbee	
Th	September	29	Ultimate Frisbee	
F	September	30	Ultimate Frisbee	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
M	October	3	Flag Football	
T	October	4	Flag Football	
W	October	5	Flag Football	

Th	October	6	Flag Football	
F	October	7	Flag Football	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
M	October	10	Pilates	
T	October	11	Pilates	
W	October	12	Pilates	
Th	October	13	Pilates - ½ Day for students	Weekly Student Engagement Assessment, Terminology Quiz, Unit Test
F	October	14	No School for Students - Teacher Work Day	
M	October	17	Aquatics	
T	October	18	Aquatics	
W	October	19	Aquatics	
Th	October	20	Aquatics	
F	October	21	Aquatics	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test, Unit Test
M	October	24	Dance	
T	October	25	Dance	
W	October	26	Dance	
Th	October	27	Dance	
F	October	28	Dance	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test, Unit Test
M	October	31	Yoga	
T	November	1	Yoga	
W	November	2	Yoga	

Th	November	3	Yoga	
F	November	4	Yoga	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test, Unit Test
M	November	7	Volleyball	
T	November	8	Volleyball	
W	November	9	Volleyball	
Th	November	10	Volleyball	
F	November	11	Volleyball	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test, Unit Test
M	November	14	Badmintons & Motor Skill Development Assessment # 2	
T	November	15	Badminton & Motor Skill Development Assessment # 2	
W	November	16	Badminton & Motor Skill Development Assessment # 2	
Th	November	17	Badminton & Motor Skill Development Assessment # 2	
F	November	18	Badminton & Motor Skill Development Assessment # 2	Weekly Formative Assessment & Motor Skill Development Project
M	November	21	Weight Management & Energy Balance	
T	November	22	Weight Management & Energy Balance	In class Assignments Due
W	November	23	No School - Thanksgiving	
Th	November	24	No School - Thanksgiving	
F	November	25	No School - Thanksgiving	
M	November	28	Weight Lifting	
T	November	29	Weight Lifting	

W	November	30	Weight Lifting	
Th	December	1	Weight Lifting	
F	December	2	Weight Lifting	Weekly Student Engagement Assessment, Terminology Quiz, Skills Test, Unit Test
M	December	5	Fitness Testing	
T	December	6	Fitness Testing	
W	December	7	Fitness Testing	
Th	December	8	Fitness Testing	
F	December	9	Fitness Testing	Weekly Student Engagement Assessment, Terminology Quiz, Fitness Testing Assessment
M	December	12	Self-selected area of concentration to study – Final Project	
T	December	13	Self-selected area of concentration to study – Final Project	
W	December	14	Self-selected area of concentration to study – Final Project	
Th	December	15	Self-selected area of concentration to study – Final Project	
F	December	16	Self-selected area of concentration to study – Final Project	
M	December	19	Self-selected area of concentration to study – Final Project	Final Presentations
T	December	20	Self-selected area of concentration to study – Final Project	Final Presentations
W	December	21	Self-selected area of concentration to study – Final Project	Final Presentations