



MHS PE- Personal and Lifetime Fitness

Syllabus - 2025 - 2026

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Course Description:

The objective of this course is to meet the needs and interests of students desiring a class with strong emphasis on personal wellness and fitness. This will also help the student to learn and promote lifetime fitness skills, which would enable them to live a healthier lifestyle. This course will consist of personal fitness activities, along with weight training and conditioning. Units throughout the semester will include Weight Lifting, Kickboxing, Pilates, Yoga, Plyometrics/CrossFit, Track Workouts, etc.

Course Outline:

1. Fit for Life: 5 components of Fitness; FITT Principle; Community Health; Nutrition; Community Health
2. Weight: Muscular Strength and Muscular Endurance
3. Cardio & HIT
4. Yoga & Pilates
5. Application of Health Components
6. Creating your Workout Plan

Primary Resources:

Google Classroom:

All unit summative assessments will be found in Google Classroom.

Grade Breakdown:

Semester Grade	Practice	Formative	Summative
90 %	0%	50%	50%
10 %	Semester Exam		

Grading Scale:

Grade	Percent	Grade	Percent	Grade	Percent
A+	97-100	B	83-86	C-	70-72
A	93-96	B-	80-82	D+	67-69
A-	90-92	C+	77-79	D	63-66
B+	87-89	C	73-76	D-	60-62
F Below 60					

Daily Grades:

- Class work/Participation: (Formal Assessments):
 - Approximately 90% of total grade, 10 points per day, recorded daily.
 - Students' daily points are determined by: following the daily grading scale and the level at which the unit/daily course objectives are met.
 - 5 points per day for wearing athletic shoes and clothing
 - 5 points per day for participation and effort
- Written Assessments, Quizzes & Activity Extension Assignments (Formal and Informal Assessments) may be added at the teacher's discretion via Google Classroom.

- No student will be excused from physical education class in order to complete work for another class.

Late Work/Missing Work Policy:

Mukwonago Area Schools believes that feedback is an integral component to student success in teaching and learning. Mukwonago High School expects that all students will turn in work by the intended due date to receive full credit and necessary feedback. Students will have the opportunity to turn in practice and formative assessments up to 2 school days late to receive partial credit.

- **Full Credit:** Students *might* receive full credit if the practice or formative assessment is turned in on the due date.
- **Partial Credit:** Students will receive partial credit if the practice or formative assessment is turned in up to two school days after the due date.
- **Zero Credit:** practice or formative assessment can be turned in past the two days to remain eligible for reassessment; however, no credit will be given.

Missing Class Policy:

- **If you are gone from class because of a MHS sporting event, you will be excused from making up work for that day.**
- **If you are gone from class because you are sick or on vacation: (allowed 4 make-ups per quarter)**
 - 1 day: Email your PE teacher with the date you were absent and send them the 30 minute workout you did to make up points.
 - 2 or more days: Email your PE teacher the date you missed class and the date you plan to make up the absence.
 - Advanced weights: You will make up the workout in the fitness center.
 - Beginning weights: You will make up your workout in the fitness center OR you can pick a make-up activity from Google Classroom.
 - Dual/Team/Fundamentals/PLF: You will pick a make-up activity from Google Classroom.

Assessment Policy:

Assessments are used to measure student learning of essential learning standards within a unit of instruction.

Cumulative Assessments (Ex. Projects, Essays, Presentations, Semester Exams): These end of unit assessments are final products of learning in which students have had several opportunities to make adjustments based on feedback. Retakes are not provided for these types of end of unit assessments. ***Not eligible for retake**

Summative Assessments (Ex. Test): This end of unit assessment uses various types of questions that students have studied but not previously seen. Students are eligible to reassess if the following criteria are met: practice and formative assignments for the unit have been completed and turned in prior to the summative assessment, student meets with their teacher to schedule a reassessment, and demonstrates relearning within 2 weeks of receiving the original assessment. The reassessment grade will replace the original summative grade, regardless if the new grade is lower than the original assessment. ***Eligible for retake**

Materials/Supplies needed:

- ☐ Charged device (on assessment days)
- ☐ Proper athletic PE attire and footwear

Expectations & Classroom Conduct:

- Be on time– In the gym and in your spot when the tone sounds.
- Be responsible– Actively participate in all class activities.
- Treat others with respect at all times.
- Be safe– Handle yourself appropriately.
- No phones or ear buds.
- Only use Chromebook when asked to.
- No leaving in the first or last 10 minutes of class.
- One person is allowed to use the bathroom at a time.

Tardiness will be tracked in Infinite Campus (IC), and the following steps will be taken for each occurrence:

1st Tardy: Verbal warning

2nd Tardy: 10-minute detention with the teacher (must be served within 2 days) and parent contact; administration will be notified through Educlimber.

3rd Tardy: Teacher will submit an IC office referral. Administration will meet with the student, assign an after-school detention, and contact the parent.

4th +: The teacher will submit an office referral in Infinite Campus (IC), and administration will determine appropriate consequences at their discretion.

Academic Honesty:

The Mukwonago Area School District emphasizes the importance of academic honesty and integrity as essential to education. Students are expected to complete and represent their work truthfully and are held accountable for academic misconduct, including cheating, plagiarism, and misuse of artificial intelligence. Teachers review the academic honesty policy at the start of each course. Consequences for dishonesty vary by offense: the **first offense** results in a zero on the assessment, parent contact, administrative review, and permanent ineligibility for National Honor Society; the **second offense** leads to another zero, a parent meeting with administration, and ineligibility for valedictorian or salutatorian honors; a **third offense** results in withdrawal from the course with a failing grade or audit status, and loss of honors pass privileges.

Tips for Success:

- Come to PE ready to participate with a great attitude. We have a wide variety of activities we will do throughout the semester.
- Wear proper athletic clothes and footwear.

All Mukwonago policies & procedures will be followed and enforced in this class as outlined in more detail in the [Mukwonago High School Student and Parent Handbook](#).