Bentonville Schools

Syllabus

Course Name: Aerobics
School Year: 2026-2027
Teacher: Britney Davis bdavis@bentonvillek12.org
Teacher Website: Link

Course Description: Aerobics is designed to promote physical fitness for life. Students will study units through the year built around health-related fitness, health and wellness and lifetime activities. All students will demonstrate the health-related fitness standards assessments and will design a personal fitness plan. This course will fulfill the .5 semester of PE credit required for graduation.

Active demonstration is most effective when students wear athletic attire and closed-toe athletic shoes. However, dressing out in workout clothes is not mandatory. Students who choose not to change into workout attire will still be expected to engage in daily physical activities or complete alternative fitness/written lessons to meet required course standards.
Required Daily Gear

- Footwear: Secured, closed-toe athletic/tennis shoes.
- Hydration: Water bottle (water is the only beverage permitted in facilities).
- Technology: School-issued Chromebook/iPad for digital portfolio entries and written reflections.

Excusal & Medical Policies

Parent/Guardian Notes: Students are allowed up to 3 parent notes per semester. Missed physical activity days must be made up through assigned standard checks.

To earn back points for an absence (excused or unexcused), a student is required to run 5 laps the next day you return.

Doctor's Notes: A physician note is required for extended medical excusals and must state explicit restrictions along with a clear *return-to-activity date*. Students excused by a doctor will complete alternative academic assignments to earn credit for missed unit standards.

Grading & Assessment Framework

In alignment with Bentonville Schools policy:

- Evidence of Learning / Standards (100% Weight): Course grades are determined entirely by student demonstration of course standards.
- Practice & Homework (0% Weight): Formative tasks provide essential feedback to prepare students for standard assessments.
- Home Access Center (HAC) Learning Habits: Assessed quarterly for *Time Management* and *Engagement in Learning* using marks:
    - DC – Demonstrates Consistently
    - IC – Progressing, but Inconsistent
    - NY – Not Yet / Rarely Observed

Daily Demonstration of Skills & Common Assessments

- **Daily Grade (5 Points):** Students must be actively involved for the entire lesson to earn their full 5 daily points.

- **Common Assessments (16 Points):** A common assessment worth 16 points will be given at the end of each unit.

  Absence Policy for Assessments: If you miss a day when a common assessment is given, you **must** make up the assessment itself. Running 5 laps cannot be used to redeem or replace these points.

Facility Safety & Technology Rules

- **Electronic Devices:** Personal phones and smartwatches must be stowed away during class unless explicitly needed for fitness data collection. **Students will not receive a verbal warning; they will be asked immediately to take the device to the SLC to turn it in.**
- Facility Care: No gum, candy, food, or sweetened drinks are allowed in the gym or athletic areas.
- When using a Smart Pass to leave the gym, students must leave their school-issued Chromebook on the teacher's desk.

Week(s)	Unit & Focus Area	Arkansas Standards Covered	Essential Focus & Student Outcomes
Week 1	**Unit 0: Culture Building**	PFL.4.2, PFL.4.3, PFL.5.3, PFL.5.4	• Exhibit etiquette, respect, and teamwork in PE. • Engage in team-building games and reflect on social support in physical activity.
Week 2	**Unit 1: Foundations of Personal Wellness**	PFL.2.1, PFL.3.1, PFL.3.3, PFL.3.12, PFL.3.13, PFL.4.1, PFL.5.2	• Complete baseline fitness assessments and calculate Target Heart Rate. • Establish SMART fitness goals and set up digital wellness portfolios.
Weeks 3–4	**Unit 2: Walking, Biking & Active Transportation**	PFL.3.1, PFL.3.3, PFL.3.5, PFL.3.6, PFL.3.7, PFL.4.4, PFL.5.1	• Evaluate local movement options, safety factors, and active transportation choices. • Develop a cycling/walking route plan and track exercise data.
Weeks 5–6	**Unit 3: Pickleball & Racquet Activities**	PFL.1.1, PFL.2.2, PFL.2.3, PFL.4.2, PFL.4.4, PFL.5.4	• Demonstrate competency in specialized racquet sport skills. • Analyze motor skill acquisition and create a practice plan for growth.
Weeks 7–8	**Unit 4: Backyard Games & Social Recreation**	PFL.1.2, PFL.2.2, PFL.2.4, PFL.3.5, PFL.4.2, PFL.4.3, PFL.5.3, PFL.5.4	• Participate in target/recreational games and technical or social dance forms. • Evaluate local recreational opportunities for lifelong enjoyment.
Weeks 9–10	**Unit 5: Fitness for Real Life**	PFL.1.1, PFL.2.1, PFL.3.2, PFL.3.9,	• Apply resistance training, bodyweight workouts, and energy systems concepts.

Bentonville Schools

		PFL.3.10, PFL.3.11, PFL.3.12, PFL.3.13, PFL.3.14, PFL.4.1, PFL.5.2	• Critique commercial fitness claims and design an active energy snack plan.
Weeks 11–12	**Unit 6: Recreational Team Sports**	PFL.1.1, PFL.2.2, PFL.2.3, PFL.4.2, PFL.4.3, PFL.4.4, PFL.5.4	• Execute specialized team movement strategies (volleyball, Ultimate, etc.). • Demonstrate problem-solving, sportsmanship, and collaborative practice plans.
Weeks 13–14	**Unit 7: Outdoor Adventure & Wellness**	PFL.3.1, PFL.3.4, PFL.3.5, PFL.3.6, PFL.3.8, PFL.4.3, PFL.4.4, PFL.5.1	• Plan outdoor recreation experiences taking into account environmental hazards (heat/cold). • Practice navigation, risk management, and local trail/outdoor exploration.
Weeks 15–16	**Unit 8: Stress Management & Capstone**	PFL.3.7, PFL.3.8, PFL.3.13, PFL.3.15, PFL.4.1, PFL.5.1, PFL.5.2	• Practice mindfulness, stress-reduction techniques, and fitness reassessments. • Build and present a comprehensive **Personal Lifetime Wellness Plan** capstone project.

Available Student Support for Learning: Refer to the teacher's Course Syllabus and Google Classroom for resources and course specific opportunities.
Link to Course Standards on ADE Website: Click Here:
State/National Assessments and/or Certifications: N/A
Link to AMI Documents: All Activities are online for this class.
Check your grade on the Home Access Center for up-to-date information.