

Weight Lifting

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Spectrum Academy Secondary School Home of the Timberwolves

Welcome to a new year! This handout will outline classroom policies and procedures for the high school Physical Education learning environment. If you have any questions or concerns, please feel free to contact me via email, office phone, or schedule an appointment to meet in person before or after school.

Weight Lifting is an appendage to and an important part of the overall Physical Education Curriculum in Utah. The Utah Secondary Physical Education Core Curriculum states the goal of Physical Education is: To develop healthy, responsible students who have the knowledge, skills, and dispositions to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle. Research tells us that students who are physically active for 60 minutes a day have higher self-confidence and more active synapses in the brain, experience a decrease in chronic illnesses, and are less likely to be absent from school. Such students are ready for career and college success. Time given to physical activity in school must not only be incorporated, but of the highest quality. The Physical Education Core utilizes appropriate instructional practices to develop competence and confidence in a variety of lifetime activity and movement forms, including sports, dance, outdoor recreation, and physical fitness activities. The emphasis is on providing success and enjoyment for all students. Knowledge of the relationship between proper nutrition and a consistent fitness regimen is the common thread running through the core. Students develop life skills through cooperative and complete activity participation, and learn the value of a physically active life.

My mission, in cooperation with the school, parents and other members of the community, is to provide quality physical education opportunities for all students, to promote academic excellence in a safe and caring environment, to enhance self-confidence through personal responsibility, and to develop life-long learners who can grow to be productive citizens in a diverse and changing world.

Since strength is an important part of overall physical fitness, my goal with this weight lifting program is to give students the knowledge and confidence to improve overall strength needed for sports and daily life. I want my students to be able to walk into a gym and not feel overwhelmed/out of place/lost :)

Course Expectations: The goal of each Physical Education course is to instruct students on the state core standards and to help students develop lifelong skills that will benefit them throughout their school careers and beyond. This class is mostly participation-based. There will also be quizzes and/or tests covering the material taught in class. We will learn how to safely and

effectively increase muscular strength and endurance through weight lifting. We will discuss the muscles of the body and the movements they facilitate.

Classroom Rules:

- Be respectful with words and actions.
- Be safe.
- Do your best.
- Always keep hands and feet to self.
- Respect the equipment.
- No inappropriate music in the gym.
- No cell phones.
- Appropriate chromebook use during class.

School wide rules: will be our PRIDE Rules which are: P -Practice Appropriate Listening. R -Respect for All. I -Incorporate Accountability. D -Demonstrate Compliance. E -Embody Safety.

Gym Dress Days: Students will NEED to bring appropriate footwear for Physical Education classes. Students need to wear closed-toed shoes. Tennis shoes that lace up are preferred. If students do not bring appropriate footwear, they will not be able to fully participate in activities and thus will lose points. Students can keep footwear in their lockers until they are needed.

Clothing: Students will be provided with Physical Education clothing that they will gather on days when class is going to be physically active. Students will then turn in the clothing at the end of class so clothes can be washed properly. Students are allowed to bring their own Physical Education clothing to keep at school. Students refusing to dress have the possibility of losing participation points for that day.

Participation: Students are expected to participate in the Physical Education activities and work toward the class goals and objectives. Students will need to try their best to stay on task and work toward daily expectations for each class period. Students will be given points based on their involvement and behavior during the class period. Students refusing to participate WILL have points taken away from their daily points. Accommodations and/or modification will be made for students as needed.

Lockers: Students will be assigned a Physical Education locker in the locker room located in the gym. Students are encouraged to bring a lock for their locker. Locks are not provided. Spectrum Academy is not responsible for lost or stolen items from the locker rooms. Locks need to be removed at the end of the semester or they will be cut.

Attendance: Students will be given the opportunity to earn participation points. If your student is going to be absent, please notify myself or the school so it is not an unexcused absence. Students who have unexcused absences or leave class for behavior will receive 0 points on participation point days. Students who have unexcused absences have the opportunity to make up points. Students who are absent can earn points by doing various extra class work or physical activity.

Vacations: Vacations are considered unexcused absences. Do not expect to receive make-up packets, or any other special arrangement for long-term absences due to vacations. These situations will be addressed on an individual basis.

Late Work and Absences: Late work will be accepted up to one month late.

Citizenship Policy: Each student's citizenship grade is based on behavior and unexcused absences. Possible citizenship grades are as follows: H: Honors S: Satisfactory N: Needs Improvement U: Unsatisfactory

Behavior: An N or U can be earned based on breaking class rules and a teacher intervention.

Unexcused Absences: If a student has 5 to 9 unexcused absences, an N will be earned. If a student has 10 or more unexcused absences, a U will be earned.

An N or U on a student's transcript will result in a hold. To eradicate an N, a student must work towards citizenship remediation. To eradicate a U, a student must participate in 2 hours of community service at Spectrum Academy. This must be arranged through a guidance counselor or principal. For any U not made up by graduation a fee will be assessed. Diplomas will not be given unless all fees are paid.

Cell Phones & Personal Electronics Policy: Please refer to the student handbook for information on these policies.

Health Concerns: If your student has any health concerns you would like to address please let me know. Please let me know if your student has asthma and include any special instructions for their particular case. If your student uses an inhaler they will need to check it in with the front office.

Donations: Donations are very much appreciated!! If you have ANY Physical Education or exercise equipment to donate please bring them to the school or contact me via email.

Personal Hygiene: Students in high school are learning how to care for their own hygiene and personal needs. Students in physical education are going to sweat and should practice personal hygiene. Please talk with your student to address personal needs, including deodorant and as necessary, the use of feminine products. Students are encouraged to keep the necessary items in their Physical Education locker.

Should any questions or concerns about the policies arise, parents/guardians have the right to convene a meeting with Mr. Cagle at any time.

I am excited to be involved with Spectrum Academy and am looking forward to an exciting and fun Semester!

Sincerely,

Jeff Cagle

Weight Lifting Agreement Sheet Please Sign and Return

Date: _____

Parent/Guardian Name: _____

As the parent/guardian of _____, I have read and understand the expectations for this class. I understand that it is important for my child to independently do his/her best work in order to learn.

Parent Signature: _____

Student Name: _____

As a student in Weight Lifting, I have read and understand the expectations for this class. I will come prepared to class and I understand that it is important for me to independently do my best work in order to learn.

Student Signature: _____