



MHS PE- Advanced Weights

Syllabus - 2025 - 2026



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Email teacher for availability

Course Description:

This course differs from other physical education classes in that it focuses on the development of sport-specific training. Athletic Enhancement with weight training provides an opportunity for students of all grades to focus on the importance of strength and conditioning training and its relationship to physical performance. This enables student-athletes to have a base knowledge which leads to enhanced physical performance in their individual sport. Self motivation is needed for this class. Weight training in this course is directed toward sport-specific lifts. Agility training, speed development, flexibility, balance, coordination and the development of explosive movements are thoroughly covered.

[Course Outline/Curriculum Map](#)

Primary Resources:

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 Participation Grade: Ten (10) daily participation points are possible for every class period.

The following deviate from the daily norm:

- Absence (-10) * may be made up- See below
- Non-Participation (could be up to -10)
 - Fails to execute core lift (-3/)
 - Fails to execute auxiliary lift (-2/)
 - Fails to execute reset/stretch (-1/)
- Non-Suit (no tennis shoes) (-5)
 - No socks
 - No sandals
 - No crocs
 - No slippers/clogs
- Tardy (-1)

- Leaving class extended period of time or without permission (-5)

* Make-up work= may be made up outside of school or after school (discuss with your teacher)

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:

- ☐ Athletic clothing
- ☐ Athletic Shoes

Expectations & Classroom Conduct:

- ❖ Students are expected to arrive on time to class.
- ❖ **GYM LOCKERS:** Students may use the large size dressing lockers during class. At all other times, clothing must be padlocked and stored in small lockers. Articles will be removed from long lockers. Students who leave their clothes in long lockers outside of class time can either serve a detention or pay a fine. ALL: DO NOT keep, at any time, items of value in your locker. Lockers are NOT guaranteed secure. DO NOT leave anything outside the locker and unlocked during class time.

- ❖ You must be in attendance lines before and after class. Locker room doors will be locked until the bell rings. At that time a PE teacher will open them to allow you to change. You will have 4 minutes to change for class and come back out.
- ❖ Leave cell phones and personal valuables locked up in the locker room YOU ARE EXPECTED TO LOCK VALUABLES UP WITH THE SCHOOL ISSUED LOCK!
- ❖ **Dress Requirements:**
 - Finger-tip length shorts or athletic pants
 - No cut offs, short shorts/spandex, showing midriff, cleavage, or butts. (tank tops can not be low cut or spaghetti straps)
 - Sneakers must be laced and tied o
 - No big jewelry (earrings, chains, etc.)
- ❖ Do not play with any equipment in the gym or enter the equipment room unless authorized by PE teacher
- ❖ Leaving class early is considered a class cut and will result in a zero for class and an issued office referral.
- ❖ Please report ALL major and minor injuries to PE teacher

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 the 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:

Please try your best in all activities and with good sportsmanship.

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](#).