

CANYON RIDGE MIDDLE SCHOOL

2025-2026

Lifetime Fitness & Sports

Welcome to Canyon Ridge Physical Education! We are looking forward to a successful school year. Our Lifetime Fitness curriculum will focus on strength, cardiovascular endurance, and flexibility. Furthermore, we will be exposing students to a variety of lifetime sports. The following information provides a brief overview of student expectations for our program.

Requirements

This year, dressing out in Lifetime Fitness class is optional. All students will need athletic shoes for Lifetime Fitness class. Athletic shoes must have rubber-soled bottoms. Flip-flops, sandals, boat shoes, and boots of any kind are not acceptable. We strongly encourage the students to bring non-spray deodorant, soap, towel, and any other grooming supplies necessary for proper hygiene. Spray deodorant is prohibited at Canyon Ridge Middle School.

Locks and Lockers

Lockers will be provided to each student by request. Students must supply their own combination lock, not a key lock. Each student will give their coach the combination to their lock. It is the student's responsibility to lock up his belongings during activity time. Students can only bring items to Lifetime Fitness that can be locked in the locker. Students will not be allowed to have phones or computers in the locker room at any time. The lockers in the locker room measure 12H X 12W X 12D. We encourage the students to leave book bags and other large items in their hall lockers. Students who do not show responsibility in the locker room, such as not locking up belongings or leaving clothes laying around, will conference with their coach. Each student must replace his or her own lock if it is lost or breaks.

Lost and Found

Items left out will be picked up and put in a lost and found box in the back of the locker room daily. If a student has an item that is missing, the student should first check lost and found, if it is not there, he should immediately report the item(s) to the coaches. The coaches will assist in finding any missing items that are reported.

Grading Policy

80% - Participation

20% - Health

The grade in Lifetime Fitness is based on class participation and health. Participation includes dressing out, effort, following directions, and sportsmanship. Participation will be assessed on a daily basis, which will result in a weekly participation grade. In addition, we will be incorporating a health unit every grading period.

Health Education

Students will be learning health concepts in Lifetime Fitness, such as nutrition, sun safety drug awareness, first aid, and making healthy choices. Students will be taking approximately six weeks of health education during the year. CRMS is an award-winning CATCH (Coordinated Approach to Child Health) school. Please visit the CRMS web site (<http://crms.leanderisd.org>) to learn more about our CATCH program.

Non-Participation

Parent communication is required for non-participation in our Lifetime Fitness class. Please provide a note, email, or a phone call to communicate any health issues that will lead to non-participation or modified participation. If a student will not be participating over an extended period of time, please provide a doctor's note.

Behavior

Rules for Lifetime Fitness

1. Be on time and prepared every day.
2. Respect your peers, coaches, and activities.
3. Keep the locker room clean.
4. No horseplay.
5. No Hats, No Hoods, No Cell Phones, No Air Pods

We are looking forward to a very successful year at Canyon Ridge Middle School!!

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