

**Jefferson Academy Secondary School**  
**Lifetime Fitness Course Syllabus**  
**7<sup>th</sup> – 8<sup>th</sup> Grade**

**Instructor:** Terry Witkowski

**Contact Info:** [twitkowski@jajags.com](mailto:twitkowski@jajags.com) Cell: (262)719-7058

**Office Hours:** Weight room: M,W,R,F 7:30-8:20, I can be easily reached over email!

**Lifetime Fitness:**

This course will challenge your physical ability by increasing your knowledge in body training, eating habits, and flexibility. This class will be suited for athletes and non-athletes, whether you are looking to increase your speed and strength for your athletic sport or simply wanting to become educated in living a healthy active lifestyle.

Living the correct healthy lifestyle can change your life. Classes will involve physical activity every day from weight lifting/body weight training, lifetime games and activities, plyometrics, and even some variations of yoga to reach a healthy state of flexibility. An exciting class that kids will enjoy but will also further their knowledge of how to stay healthy while loving what they are doing.

**General Policies / School Wide Policies:**

A standard guideline concerning topics of attendance, tardiness, plagiarism, make-up-work, and late assignments will be strictly enforced by all teachers. The Core Teachers have written these guidelines in a standard syllabus to be read and signed by all students and parents/guardians. I will uphold and follow all standard Policies/Procedures set by the Faculty.

**Grading Procedures:**

Standards are the same as in Parent / Student Handbook:

- A = 100 – 90
- B = 89.99 – 80
- C = 79.99 – 70
- D = 69.99 – 60
- F = 59.99 – 0

**Grading Tasks and Point Value:**

1. 20 points daily, 100 points weekly (Participation) 50%
  - a. Attendance = 5 Points
  - b. JA PE Attire Dress = 5 Points
  - c. Participation = 10 Points
2. Written Final Exam 10%
3. Assessments/Athletic Testing/Assignments 40%

**Zero Tolerance:**

In Lifetime Fitness there will be no tolerance for bullying, verbal harassment, or teasing. If your student feels uncomfortable with any situation before, during, or after class they are strongly encouraged to speak to me or with the administration. Please notify us of the incident as soon as possible so that it may be dealt with in an appropriate manner.

**Locker Room Behavior / Locking Up Valuables:**

Students are to be quiet, polite, and respectful in the locker rooms. Students will be allowed 5 minutes to dress out before and after class. Students will not be allowed to spend time in the locker rooms.

Jefferson Academy is not responsible for any lost or stolen valuables. Students are encouraged to keep their valuables in a safe place. The possible solution would maybe be to leave unnecessary valuables at home.

**Supplies For Lifetime Fitness:**

1. JA PE Shirts (If students have an old PE shirt they may wear it)
  - a. If a shirt is in need you may purchase one from Mr. Witkowski for \$5, cash or check made out to JA.
2. Athletic Shorts or Sweats/Capri's
3. Tennis Shoes (NO OPEN TOED SHOES)
4. Deodorant

Dear Jefferson Academy JHS Parents,

In accordance with Jefferson Academy Board Policy, for a student to view PG rated video clips during class, we must have a written permission from the students' parent/guardian. In Physical Education course, we will periodically view videos that are rated PG, these videos represent a perspective of an individual or group of individuals (teams) who accomplish goals/achievements that appear to be unattainable, and yet success is seen through hard work and integrity. I As always, if you have any questions or concerns please contact me via email at [twitkowski@jajags.com](mailto:twitkowski@jajags.com).

Sincerely,

Terry Witkowski

\_\_\_\_\_ Yes, I give my permission for my child to view video clips of PG rated videos

\_\_\_\_\_ No, I do not give my permission for my child to view video clips of PG rated videos

Proper Form Education:

- By signing this document I full understanding that I have been shown the proper techniques in lifting by Mr. Witkowski.
- I agree to not complete any lifts that I have not properly learned how to do. If I do not understand something I agree to make sure that Mr. Witkowski is there to help me.

Commitment to this class:

- There will be no "off" days and there will be no "homework" times due to the nature of this class unless work is not complete in class.
- Every student in the course will be held to the expectations of the course. If we as a class are failing to complete the work for the day the class will be held accountable to the conditioning that will follow.
- Every student will learn proper technique and will not be allowed to complete their max until the time when they can complete the lift with proper form.
- Students will not be allowed to sit out without a doctor's note. If a student has been given a doctor's note to sit out I must see the follow up note to clear the student before he/she may return to activity in class.
  - If students are sitting out they will need to complete written research for the time they are not participating.

Sign below to signify that you have read, agree with, and understand this Syllabus:

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_