Ash Fork Middle School Strength and Conditioning Syllabus
2019-2020 School Year

Instructor  
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Description
This class is a strength and conditioning style class. Class activities will include aerobic activities, strength training, and sports/games on the football field and in the gym. In addition to physical exercise, this class also explores nutrition and fitness.

Goals and Expectations
This class adopts Arizona’s goal for K-12 Physical Education. The goal is as follows; The goal of physical education is to develop physically literate individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. To pursue a lifetime of healthful physical activity, a physically literate individual:

- Has learned the skills necessary to participate in a variety of physical activities.
- Knows the implications and the benefits of involvement in various types of physical activities.
- Participates regularly in physical activity.
- Is physically fit.
- Values physical activity and its contributions to a healthful lifestyle

Additionally, this class follows the youth physical activity guidelines described by the US Department of Health and Human Services. These guidelines are 60 minutes of moderate to vigorous physical activity daily split between aerobic, muscle-strengthening, and bone strengthening exercises.

Required Materials
To be successful in PE this year, your child will need the following materials:

- PE clothes- Tennis shoes, athletic pants/shorts, shirt, sweatshirt. Please note that we will be outside 95% of the time. Your child will need to dress-out appropriately for winter weather during the colder months.
• Two 5-pound handheld weights. These can be purchased at Walmart for about $5 each. If this item is difficult for you to purchase, then please contact Mrs. Broehm.

• Gym bag or backpack that all PE items may be kept in.

Optional Materials

• Yoga Mat

Grading

Each day your child will have the opportunity to earn 100 points accumulating with 400 points per week. You child’s points are earned as follows:

• 20 points for dressing out
• 60 points for running/jogging their mile
• 20 points for participation in whatever physical activity follows their mile run/jog

Mrs. Broehm’s grading evidence

Dressing Out- To get credit for dressing out, your child has changed both their shirt and pants. Your child’s PE clothing should not show their stomach, be shorter than their fingertips, or have shoulder straps less than two fingers in width, and they should be wearing athletic tennis shoes suitable for working out.

The mile- To get the credit for running/jogging their mile, your child has to complete six laps around the track in under 15 minutes for the 1st semester and 12 minutes for the 2nd semester. Your child will earn 10 points for every lap that they complete. For example, if your child completes four laps, then they will receive 40 out of 60 points for the day. The mile is meant to be a moderate to vigorous activity depending on your level of fitness. Your child should feel tired when they are done with their mile. They should be sweaty, and their heart rate and breathing should be elevated. If done to the best of their ability, your child should not be able to carry on a conversation while completing their mile.

Please note that I don’t expect every child to have the same level of physical fitness. If your child has pushed themselves to their max exertion and has not completed six laps, then I will not take away their 60 points. Children who don’t get credit for their mile laps are those children who do not look tired, are not breathing hard, and who walked and talked for the majority of their mile.

Physical Activity- The physical activity after the mile includes weight lifting, conditioning, HIIT, and various sports activities. For your child to earn credit for this activity, they must be actively engaged and correctly participating in that activity. For example, if we are playing soccer, your child should be moving around and working with other players, not just standing in one place on the field.
the field. If we are conditioning with crunches, your child should be completing a correct crunch, not just lying on the ground.

**PE Final**

The middle school PE final is a twelve-mile hike down the Bright Angel Trail to Plateau Point and back to the top of the south rim of the Grand Canyon. This final is a strenuous hike that will take place sometime during the 4th quarter. Students who are unable to make the hike will be required to complete twelve miles or seventy-two laps around the track at school before the end of the 4th quarter.
PLEASE READ THE COURSE INFORMATION, SIGN, AND RETURN THIS SHEET TO MRS. BROEHM.

**Students:**

Please sign below to signify that you have read the course sheet for Mrs. Broehm’s class, will keep it in your folder, and will be responsible for the information throughout the year.

_______________________________
Student printed name

_______________________________
Student signature

**Parents/Guardians:**

Please sign below to indicate that you have read the course sheet for Mrs. Broehm’s class and that you will help your student be accountable for the information. If you have questions about the course or your student’s work, please do not hesitate to contact me; **email is the best way to reach me quickly.** See the front of this sheet for my email address.

_______________________________
Parent/Guardian printed name

_______________________________
Parent/Guardian signature

_______________________________
Parent/Guardian e-mail

_______________________________
Parent/Guardian daytime phone number