Olympia High School Health and Fitness Department

**Body Shape**

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**Mission Statement:** To provide students of all ability levels the opportunity to discover fun and enjoyable physical activities that they will want to participate in for a lifetime. The primary goals of this course are to motivate students to want to increase their level of fitness and overall health, allow them to recognize the benefits of developing and participating in a fitness program and help them attain the knowledge and skills they will need to make healthy decisions.

**Course Description:** This course is designed with a Yoga, Pilates, and muscular strength emphasis. Body Shape is a unique fitness class that is geared to work the whole body through continuous exercise using a variety of equipment such as free weights, dynabands, Pilates circles, jumpropes, stability balls and medicine balls. The objectives of this class are to increase muscle tone, flexibility, cardiovascular endurance, change body composition, reduce stress and increase knowledge on various fitness concepts A few other areas of emphasis are **having fun** and learning an assortment of exercise methods to remain active throughout a lifetime. Students will also have the opportunity to instruct the class.

**Safety Tips**: Students must wash hands before and after class for 20 seconds with soap and water. Students must have all cuts/sores bandaged properly order to participate in class. Students are required to wear socks, failing to do so will result in an unexcused non-suit. No shoes will be allowed on mats. Students may purchase their own mat, however; they will be responsible for storing it. Students will be required to wash p.e. uniform on a regular basis! Proper hygiene is a must!!!!!

The following might be an example of our weekly schedule:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Yoga | Stability Ball Training | Track Workout/Block Walk | Pilates | Boot Camp Workout |

* This schedule is subject to change so please bring athletic shoes with you to class each day.

**Grading:** Your grade will be based on 70% participation/effort and 30% written work. Each day is worth 4 points (see grading criteria below). Please see the health and fitness department expectations for more details about our policies.

**Daily Score 4**

Students operating at a daily score of 4 will consistently demonstrate good decision making skills and work toward self-improvement. They show outstanding effort regardless of their ability, and will seek extra help from the teacher when needed. These students will be mentally and physically prepared for the days activities by being on time, cooperating, giving support, being good listeners, and showing concern for others.

**Daily Score 3**

Students are self-directed, make good choices, and take responsibility for their choices and actions. These students are able to work without direct supervision.

**Daily Score 2**

Students decide not to fully participate in the days activities. They are involved with the activity, but do not show much effort to master the skill for the purpose of self-improvement. They are able to control their behavior so that they do not interfere with another student’s right to learn or the teacher’s right to teach.

**Daily Score 1**

Students make the choice to be unmotivated, unprepared, unfocused, or undisciplined. Their behavior includes discrediting or putting down other students or teachers. This student makes a conscious decision to interrupt the learning process, misuse equipment, or behave in an unsafe manner.

**Daily Score 0**

Students do not participate in class because of an absence, non-suit, or medical release.

Look at the benefits of being physically active:

* Reduces the risk of developing colon cancer
* Helps people achieve and maintain a healthy body weight
* Reduces feelings of depression and anxiety
* Promotes psychological well-being and reduces feelings of stress
* Reduces the risk of developing coronary heart disease
* Lowers the risk of developing high blood pressure
* Helps build and maintain healthy bones, muscles, and joints
* Creates an environment in which the brain is ready, willing & able to learn
* Reduces the risk of dying prematurely!
* It can be FUN!!