LIFETIME SPORTS

**Instructor:** Mr. Brian Lauck ([blauck@lps.org](mailto:blauck@lps.org))

Office: D020, 436-1305 Ext. 65411

Office Hours: Periods 6,7

**Course Description/Objective:**

Lifetime Sports is a semester course centered around teaching each student the fundamental skills, rules of the game, and appreciation for activities that can be continued into their adult life. Our goal is to teach ALL students there are many options to keeping active and fit, well after their P.E. days are over! We all need to develop habits that will contribute to lifelong health and fitness.

Some of the activities North Star Lifetime Sports include: golf, disc golf, softball, archery, tennis, horseshoes, flyfishing, volleyball, basketball, bowling, billiards, swimming games, badminton, pickleball, and table tennis.

**Grading**

* Students are allowed two absences without the need for “making up” points missed.
* On the third and consecutive absence, students will need to “make up” points by exercising 30 minutes for each class missed.
* Students may “make up” up to three absences by using athletic practices/competitions (need coaches signature).
* Students may also “make up” absences by working out in the North Star Weight Room after school (supervisor’s signature required).

**GRADING BREAKDOWN:**

**15% KNOWLEDGE**

**10% PHYSICAL ACTIVITY BEHAVIOR**

**60% PHYSICAL ACTIVITY/FITNESS**

**15% SKILLS**

A = 90-100 C = 70-74

B+ = 85-89 D+ = 65-69

B = 80-84 D = 60-64

**Expectations**

1. Students are expected to change into safe, appropriate gear to workout with maximum effort.

2. Students are expected to participate to the best of their physical ability.

3. Students are expected to keep the locker rooms and all other P.E. areas clean and free of food/beverages.

4. Students will lock up ALL PERSONAL BELONGINGS.

5. Refer to your student handbook for the North Star attendance and tardy policy.

6. Students are responsible for learning the rules, and may occasionally officiate the class activity.

7. Students are expected to always use the equipment in a safe, respectful manner.

8. ABSOLUTELY NO ELECTRONIC DEVICES WILL BE ALLOWED IN THE P.E. AREAS (cell phones, i-pods, i-pads, etc.)

C+ = 75-79 F = 0-59

**North Star Physical Education Department Non-dress Policy**

In order to participate safely and efficiently in Physical Education classes, all students need to dress in appropriate workout clothing. Asking students to come prepared to a Physical Education class is a reasonable expectation, as in any other type of high school class. Since one of our top priorities is to improve the fitness level of our students, we need to make it clear to our students that chronic non-dress/non-participation (a.k.a. being irresponsible) is NOT acceptable.

1st non-dress Warning

2nd non-dress Make plan with student

3rd non-dress Contact parent

4th non-dress Administrative referral

**The Role of a Quality Student at North Star (Expectations)**

**N-** Notebooks and pencils for writing activities are a sign of a quality student

**O-** Observing the teacher for instruction and direction in the classroom environment

**R-** Respecting others in the instructional environment

**T-** Trying your best is a quality of a successful student.

**H-** Have classroom materials out at the beginning of class

**S-** Seated and ready to learn at the bell

**T-** Turning off cell phones and musical devices during instructional time.

**A-** Attendance every day is critical for student success

**R-** Refraining from food and beverages until lunch maximizes learning and minimizes distractions in the classroom.

**S-** SAFE **T-**TRUSTWORTHY **A-**ACCOUNTABLE **R-** RESPECTFUL

PLEASE SIGN AND RETURN THIS PART TO MR. LAUCK

I have received and read the Lifetime Sports Syllabus from Mr. Lauck and will contact him with any questions.

Student Name (Print): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_