**Lifetime Sports**

**Course Description:** This semester we will be involved in a number of sport activities. Each sport will be played over a 2 week period. There will be written tests on the history and rules/regulations of the sport. In addition, we will track your individual fitness level in the following areas: sit ups, push ups, flexibility, and cardiovascular endurance. It is imperative that all students come to class everyday prepared to actively participate in class.

**Tentative Course Content:**

- Ultimate Frisbee - Horseshoes - Fitness

- Badminton - Ping Pong - Various other lifetime sports

- **Bowling $$** - Tennis -Pickleball

- **Golf $$** - Disc Golf -Volleyball

**$$** (Fee for possible field trip)

**Expectations for Achieving Success:** To be successful in this class each student is expected to…

* **Students have 5 minutes from the time the bell rings to get dressed and report to designated area**
* Be respectful to your teacher and all classmates.
* Stay on task and remain in designated areas.
* Actively participate in class discussions and activities
* Students should dress out EVERYDAY***.*** If a student has a medical reason for not participating in class, a note from the doctor will be required.
* Students are expected to participate in all activities**!** Alternate assignments will be given to students who can’t participate for partial credit.
* Secure personal belongings in the locker room with a **lock** (we are not responsible for stolen items).

**Grading:**

* Daily grade – 50% - 20 points per day: warming up, stretching (5 points), participating in conditioning and the daily activity as well as dressing out (15 points).
* Physical Assessments – 25%
* Test/Projects – 25%

**Materials needed for class:**

* Students must have appropriate athletic shoes.
* Students must have a t-shirt with sleeves and shorts or sweat pants.
* Notebook – either spiral or 3 ring

**Absences**

Actively participating in Lifetime Sports Class is essential! Students who miss a day of class for any reason (present but not feeling well enough to participate, excused/unexcused absence, ISS, ALC, OSS, etc.) will **not** receive credit for participating that day. To make up participation credit, the student will have to see their teacher to complete an alternative assignment. Depending on what day you are absent all work must be turned in by the following dates: Sept. 23rd, Oct. 21st, Dec. 9th, Jan. 17th, Feb. 24th, March 22nd, May 4th, and June 2nd.

**Office Hours – only when the coach is not in season or by appointment**

Monday 2:30-3:30pm: Coach Davis, Coach Helms

Tuesdays from 2:30-3:30pm: Coach Cummings, Coach Ashdown, Coach Kinkade, and Coach Gross

Wednesday’s from 2:30-3:30: Coach Mokan

Coach Moore and Coach Watkins are available through appointment only.

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By signing I agree to the condition in this syllabus for Lifetime Sports.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_

Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_

Parents/Guardians of Lifetime Sports Student,

Every Monday and Tuesday, weather permitting, the Lifetime Sports class will be going off campus to the Zebulon Town Park and Rolesville Town Park to participate in Disc Golf/Fitness Activities as a part of our curriculum. We will be traveling by bus leaving at the beginning of 1st period and return at the end of the period. This will in no way conflict with any of their other classes.

Students should dress accordingly as we will be outside for the duration. Athletic attire is still required for credit.

Students are to purchase their own discs to play Disc Golf. A starter package of 3 discs can be purchased at Dicks Sporting Goods or used discs can be purchased at Play it Again Sports.

The 3 major discs used are:

1. Driver

2. Mid Range

3. Putter

While at Zebulon we will be focusing on Disc Golf and Fitness while at Rolesville. Fitness includes Pullups, situps, parallel bars, monkey bars, walking, and jogging.

We are also planning on a Field Trip where we will go bowling at an additional cost to the student. Details on this trip are still being solidified.

Please fill out the bottom regarding your child:

\_\_\_\_\_ I give my child permission to attend off campus activities for Lifetime Sports

\_\_\_\_\_ I DO NOT give my child permission to attend off campus activities for Lifetime Sports

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_