



## Trail Running Grand Haven High School



**Course Number:**

**Grade Level:** 9-12

**Credits :** 1/4

**Prerequisite Courses :** N/A

### Course Description

Students will be running a wide range of routes in the Tri Cities area including but not limited to the following: Hofma Park, Rosy Mound Trails, Kirk Park, Duncan Woods, and Coast Guard Park. Students will also be running on city and township roads, the city beach, side walks and board walk.

### Course Objectives

Grand Haven Trail Running Students will assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, and community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.

### Student Expectations

Students will be on time for class daily with the proper attire for daily activities. Being respectful of everyone in our classroom is an expectation of students daily behavior. Students will also need an off campus waiver and transportation form signed by a Parent or Guardian. Students will perform daily workouts to the best of their ability as they will be required to complete a race for their Final Exam.

### Communication

Each instructor will communicate with students through Remind 101 and Edmodo. Teachers will also be available through email and phone.

#### Building Behavioral Expectations

***TEAM GH ... One Team, One Family, One Grand Haven. Be Kind. Always.***

It is our expectation that ALL GHHS students, staff and parents will ... always give their best **EFFORT** in everything that they do, work hard to be **INCLUSIVE** of each other, show **RESPONSIBILITY** in class, the hallways, cafeteria and at events, and **WORK TOGETHER** at all times!

**GO BUCS**

## Grading Policy

- Final Exam 20%
- Daily Participation and Effort 80%

Grand Haven Physical Education Grading Scale:

A	100 - 92	C	77 - 72
A-	91 - 90	C-	71 - 70
B+	89 - 88	D+	69 - 68
B	87 - 82	D	67 - 62
B -	81 - 80	D-	61 - 60
C+	79 - 78	F	59 - 0

Students will be required to submit daily and weekly assignments on Edmodo, directly to their teacher or through email.

## Scope and Sequence

First third of marking period: Pre Testing the student overall physical fitness through the following activities: cardio capacity (5k, mile, and workout routines)

Second third of marking period: Increasing mileage, Mile Pace, and timed workouts

Final third of marking period: Students will taper workouts to get maximum performance for their final exam.

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