



# Chandler Unified School District

PED260 Weight Training  
SY 2023-24



## Course Overview

### Course Description

This class is open to all students who have taken one year of physical education. The course concentrates on significant gains in bench presses, squats, power cleans, pull-ups, and sit-ups. Students are required to do some running. Objectives are strength gain and total body conditioning.

### AP/IB/Dual Enrollment

No

### Prerequisite/Fee(s)

None

### Course Materials

- Athletic attire (ACP colors-purple, black, gray & white)
- Athletic/running shoes laced tightly (No crocs)
- Warm-ups/sweats (any color) may be worn during cooler weather

### Adopted Resource(s)

OPEN <https://openphised.org/>, Dynamic Physical Education <https://www.dynamicpeasap.com/>, Lesson Planning for High School Physical (Human Kinetics), Teacher Provided

*\*An asterisk will indicate a resource containing sexually explicit materials per legislative definitions. CUSD has determined that all resources listed above are of exceptional educational value.*

## Site and Faculty Information

### School name and address:

Arizona College Prep High School, 4477 S Gilbert Rd, Chandler, AZ 85249

### Building principal:

Robert Bickes  
[bickes.robert@cUSD80.com](mailto:bickes.robert@cUSD80.com)

### Teacher:

Michelle LeFevre BS, MEd  
[lefevre.michelle@cUSD80.com](mailto:lefevre.michelle@cUSD80.com)

**Office hours:** Before School

## Course Access

This course is taught in-person at Arizona College Prep High School. Students will have access to the curriculum and instruction in the classroom. Google Classroom is the primary location for students to access material when absent from classes taught in person.

## Help

### Academic Support

- Contact the teacher to schedule an appointment during office hours
- [Ed Tech](#) support for students, parents/guardians, and community link ([cUSD80.com/Page/45109](https://cUSD80.com/Page/45109))

### Mental Health Support

- CUSD mental health support [cUSD80.com/Domain/10528](https://cUSD80.com/Domain/10528) or 480-573-8808 (talk or text)
- Suicide & Crisis Lifeline: 9-8-8 hotline

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- 24-hour Crisis Line Talk: 602-222-9444, Text: 741-741

## Student Conduct, Success, and Responsibilities

### Student Handbook

Students must follow the policies and procedures established in the Student Handbook. Copies of the handbook can be found at [cusd80.com/handbooks](http://cusd80.com/handbooks). Printed copies will be provided upon request.

### Student Responsibilities

#### TO BE SUCCESSFUL

- Dress out
- Participate fully in activities
- Be present and on time
- Positive attitude

#### STUDENT EXPECTATIONS

- Follow ALL safety guidelines
- Show respect to teacher and fellow students
- No food/drink in weight room (water only)
- Cells phones only for workout plan & music

#### DISCIPLINE POLICY

- First Offense: Verbal warning
- Second Offense: Conference with student
- Third Offense: Email or phone call home
- Fourth Offense: Lunch detention (pending meeting with administrator)
- Fifth Offense: Referral (pending meeting with administrator)

### Late work

None

## Assessments and Assignments

Students will complete assessments during each unit of study to assess their understanding. Students will complete the CUSD Common Final at the end of the first and second semesters. The Common Final will count for 20% of the student's final semester grade in grades 9-12 and 10% in grades 7-8 (some exceptions may apply at the Junior High level). Common finals will be in ELA, Math, Science, Social Science, and World Language.

Final exams will be given during the CUSD Jr High/High School Early Dismissal days in December and May, as identified on the [District Calendar](#).

If students are requested to participate in a survey, the survey questions will be provided to parents/guardians seven days before student contact.

## Grading

### Grade Percentage

A	B	C	D	F
90% - 100%	80% - 89%	70% - 79%	60% - 69%	<60%

### Quarter grades

-Participation 80% of their grade (25 points per week, 5 points per class). Points will be deducted for tardiness, unacceptable dress, poor or no participation and poor attitude.

-Other 20% of their grade (10 points per week)

### Semester grades

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Semester grades are calculated using 40/40/20: Each quarter accounts for 40% of the semester grade and the final exam accounts for the remaining 20%.

## **Units of study**

### **Units for PED260 Weight Training**

Weight Training

Cardiovascular Fitness

Yoga

Safety Procedures & Proper Spotting Techniques

Nutrition

*\*An asterisk will indicate a unit of study containing sexually explicit materials per legislative definitions.*



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**Site:** Arizona College Prep High School  
**Building Principal:** Robert Bickes, bickes.robert@cusd80.com  
**Teacher:** Michelle LeFevre, lefevre.michelle@cusd80.com

## Parent/Guardian

### Acknowledgment

Parents/Guardians should indicate if they "Acknowledge" or have a "Potential Conflict" with their student's participation in the following units by checking the appropriate box for each unit of study listed. Students cannot opt out of a standards-based unit. Marking "Potential Conflict" will prompt the teacher to make contact regarding assignment alternatives.

Unit of study	Acknowledge	Potential Conflict
Weight Training	<input type="checkbox"/>	<input type="checkbox"/>
Cardiovascular Fitness	<input type="checkbox"/>	<input type="checkbox"/>
Yoga	<input type="checkbox"/>	<input type="checkbox"/>
Safety Procedures & Proper Spotting Techniques	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition	<input type="checkbox"/>	<input type="checkbox"/>

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**By signing and returning this form**, the parent/guardian acknowledges they have reviewed the resources and units of the study included in the syllabus.

- As the parent/guardian, I understand that I may contact the teacher if I have questions about the resources, content, or units of study.
- As the parent/guardian, I understand I can check my student's grades in Infinite Campus anytime during the school year.

Student name (printed) \_\_\_\_\_

Student signature \_\_\_\_\_

Parent/Guardian name (printed) \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please return this page to your student's teacher.**