

MMACHS Physical Education - CrossFit
2023-2024

Mr. Marion

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(208)-855-4075 ext. 1113

Office Hours: Before or after school by appointment.

Course Description:

- Content: This PE course is taught using CrossFit® inspired varied dynamic movement performed at high intensity. This course is designed to promote healthy improvements in students' fitness and wellness through exercise and mobility training. Students will complete the course feeling a sense of growth and accomplishment having participated in a physically demanding course. CrossFit® at MMACHS operates as non-commercial CrossFit® affiliate.
- This course is designed to help our students improve in areas of movement that include pushing, squatting, pulling, bending, single leg, core, mobility and strength along with aspects of aerobic conditioning.
- A hopeful byproduct of this course is to facilitate a love for exercise that will promote movement and curiosity throughout our students' lifespan. Whether it is CrossFit or something else is not the point, what matters most is that we move, so that we can garner the reward that activity promotes, such as stress relief, injury prevention, and physiologic energetics that add to the quality and longevity of life.
- Active participation is vital, and additional exercise (homework) outside of class is encouraged. Our students work hard at MMACHS. I am excited we get an opportunity to play as well.

• **MMACHS grading scale:**

A 90-100%

B 80-89%

C 70-79%

WIP 69% and below

Student Responsibilities:

- **Show Up & Do Right.**
 - Come to class prepared. Appropriate fitness attire, gear (water, hat, towel, phone w/permission), health notebook, and writing utensils are expected daily. MMACHS dress code must be followed.
 - Bring a lock for bathroom lockers. MMACHS is not responsible for lost/stolen items.
 - Be in class on time. Students must be dressed down and ready for class before 1:05pm on regular academic days.
 - 100% Participation based class. Every day is based on a 10-point scale.
 - Dr.'s notes are required for illness/injury extending beyond two consecutive days. Prescribed rehab may be done during class time and counted as fitness if I have written instructions from the doctor/therapist. Students are required to dress for fitness unless otherwise instructed on their medical note.
- In-class work that is missed is the student's responsibility to make up.
 - Fitness Make Up Form
 - Darebee.com
- Keep up with updates that are posted to Schoology.

I am excited to share the semester with you and make this hour one of your best of the day as an opportunity to unwind, work hard, have fun, and tackle physical challenges!