

Bennett's Mill Middle School Project Adventure Syllabus

Instructor: Dr. Cathy Folden-Handley

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Materials Needed:

Change of clothes: t-shirt, athletic shorts/pants, and athletic shoes. No jean or khaki shorts/pants allowed. During cooler weather, long –sleeves and athletic pants; students will be expected to go outside and participate. **All clothing worn in Project Adventure must adhere to the Fayette County and BMMS Dress Code.**

Class Description:

Project Adventure involves a variety of cooperative games, problem solving/teamwork activities, low elements (ground to 12 feet), and high ropes course elements (25-40 feet high). Participation on the high level elements requires the students to wear a safety harness and helmet. While the high elements are optional; "Challenge by Choice" activities, all students are expected to serve in other supporting jobs, during class, to receive their participation points for the day.

PA instructors are fully qualified to implement the program successfully. Intensive training and experience ensure the safety of the students. The latest protective devices and safety procedures are employed with all high ropes course activities, and spotting is used in all low level elements. Safety is emphasized as a top priority in every exercise or element.

Class/Student Objectives:

- A willingness to try the unfamiliar and challenging
- An increased level of agility and coordination
- An increased level of self-esteem and confidence
- A capacity to work cooperatively within a group of one's peers

Behavior Requirements:

- No food, drinks, or gum allowed in class!
- No running, loitering or horseplay in the locker room or activity area.
- Students are to be seated in roll call IMMEDIATELY after leaving the locker room.
- You will have 7 minutes to dress out and be in your roll call position.
- Use equipment only as it is intended. Violation could result in student responsibility for replacement.
- Keep hands, feet, and all objects to yourself and always be respectful to fellow students and faculty.

Any infraction of classroom rules or requirements will result in the student losing part or all of his/her points for the day.

Non-Participation:

If a student cannot participate due to illness or injury, they **MUST** have a note excusing them from participation **EACH** day they cannot participate. If a student cannot participate for longer than **2** days, a doctor's note is required. In place of participating in class, a student will be required to do an alternative written assignment. **Failure to bring a note will result in loss of participation points for that day.**

Evaluation and Grading:

- Dress Out and participation – 70%
- Fitness Run- 20%
- Written Exam – 10%

NOTE: 3 points will be deducted per day for failure to dress out and/or participate

FITNESS RUN GRADING PROCEDURES

In an effort to prepare students for the required fitness goals of the high school the following running schedule will be performed each week.

- One-Mile Run

If a student is absent or has a note excusing him/her from the mile run that day, the student will make up any missed miles on the first day he or she is prepared and cleared to run. **If a student does NOT complete or make up the run, they will not receive credit.**

Students will be evaluated and assigned a grade for their completion of the mile using the following scale.

All students will be expected to complete the mile in **14:00 minutes or less.**

Mile Time and Grading

9:59 or better =100	12:00 - 12:29 = 75
10:00 – 10:29 = 95	12:30 – 12:59 = 70
10:30- 10:59 = 90	13:00 – 13:29 = 65
11:00 – 11:29 = 85	13:30 – 13:59 = 60
11:30 – 11:59 = 80	14:00 and higher = did not meet goal

Marked improvement clause: If a student should show marked improvement in their mile time, the instructor will consider the effort shown by the student when grading.

Please keep the top portion for your records and return the bottom signed portion to your instructor within 3 days



Student Name (please print) _____

Student signature _____

Parent signature _____

Date _____

Please list any medical information/instructions for your child here:
