

# Avanti High School Learning Plan

## Physical Education - Apex

Course Code:	Instructor: Todd Thedell <a href="http://www.thedell.net">www.thedell.net</a>
--------------	--

### Student/Course Expectations

Student Name:	Advisor:	
Date Started:	Target Due Date: (expiration date)	Completion Date:
Target Grade: A B P	Books/Resources Issued: <b>None</b>	Login name:
Estimated Number of Hours to Complete this Credit: <b>90</b>	Estimated Number of Hours Student Should Complete Each Week in Order to Reach Target Due Date: <b>9</b>	
Credit Amount: <b>0.50</b>	Grade:	<b>Office Use Only:</b> ___ Instructor Copy    ___ Tasks Talled ___ Advisor Copy        ___ Tasks Recorded

- EALRs or GLEs:
1. The student understands and applies the concepts and procedures of mathematics.
  2. The student uses mathematics to define and solve problems.
  3. The student uses mathematical reasoning.
  4. The student communicates knowledge and understanding in both everyday and mathematical language.
  5. The student understands how mathematical ideas connect within mathematics, to other subject areas, and to real-life situations.

### Learning Activities

- Assignment Requirements:**
1. Regularly attend classes.
  2. Complete all lessons, assignments, quizzes, tests, and exams for the online course.
  3. Maintain a weekly Fitness Log for every week you are working on the course.
  4. Submit 4 article summaries (one-page typed, double-spaced).
  5. Write a one-page reflection of your experiences and insights from this course.

Task Number	Description
Proficiency	Pass Quizzes, Tests and the Exam with 80% or better accuracy

Content	Units	Lessons	Test average	Completion Date
	Unit 1: P.E. Designed for Me			
Unit 2: Is My Body Good to Go?				
Unit 3: Great for the Heart				
Unit 4: Fit as a Fiddle				
Unit 5: Fitness Adventure				
Unit 6: Semester Wrap-Up				
Article summaries				
Reflection				

**Online Resources:**

Apex	<a href="http://www.apexvs.com">http://www.apexvs.com</a>
Digital Learning Commons	<a href="http://www.learningcommons.org/">http://www.learningcommons.org/</a>

Progress Reviews	Initials
20 Day Review Date:	
40 Day Review Date:	
60 Day Review Date:	
Student Signature:	Date
Instructor Signature:	Date