Course Description
The 6th grade curriculum includes instruction on fitness, motor skills and movement patterns, movement concepts and principles, and personal and social behaviors through a variety of methods and activities to enhance student’s skill and health-related fitness needs. For safety and hygiene reasons, all students are expected to be dressed safe and appropriately for physical activity. The primary goal of the instruction is to improve motor skills and fitness levels, develop appreciation of activity and participation in activity, and experience success in movement.

Course Objectives
Throughout the course, you will meet the following goals: • Demonstrate skills are combined and used in specific game and performance situations. The student will refine and vary skills learned in the elementary years. * Students can identify principles of practice and conditioning that enhance movement performance. They have higher levels of understanding and movement skills are more automatic. They are able to demonstrate basic concepts of strategies in game play and perform basic rhythmic patterns. * Students participate in physical activities that provide important opportunities for challenges with the goal of voluntary participation outside of class. Physical activity choices are based on personal interests and the desire to maintain an active lifestyle. * Sixth grade students should be able to participate in moderate to vigorous physical activity in a variety of settings for longer periods of time than during the elementary years. Students are able to apply the components of fitness and explain how these relate to their overall fitness status.

Student Expectations
This course requires the same level of commitment from you as a traditional classroom course. This course is meant to be completed with the resources that you have available in your personalized learning environment. As a physical activity course, you will be expected to document your physical activity for review by your teacher. This could include video recording and/or a written log describing the activity and skills practiced. You may be working by yourself or in small groups based on your personalized learning environment. You may also be asked to document your heart rate during this physical activity. Any physical activities performed by the student outside of school such as gymnastics training or a specific activity training does not take the place of physical activities assigned and required in this course.
Communication
Your teacher will communicate with you regularly through discussions, e-mail, by phone, grading notes, and system announcements. Through this communication with your teacher, you will monitor your progress through the course and improve your learning by reviewing material that was challenging for you. It is important that you communicate with your teacher if you have any questions or concerns throughout the course.

Grading Policy
You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

<table>
<thead>
<tr>
<th>Assignments</th>
<th>30%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson Quizzes</td>
<td>N/A</td>
</tr>
<tr>
<td>Unit Tests</td>
<td>N/A</td>
</tr>
<tr>
<td>Essays</td>
<td>N/A</td>
</tr>
<tr>
<td>Labs (Reflections)</td>
<td>10%</td>
</tr>
<tr>
<td>Projects (Physical Activity Doc)</td>
<td>35%</td>
</tr>
<tr>
<td>Other Assignments (Fitness Gram)</td>
<td>10%</td>
</tr>
<tr>
<td>Cumulative Exam</td>
<td>15%</td>
</tr>
</tbody>
</table>

All of the grades that you receive online will be recorded in your Blackboard. While logged into Genius go to your course and look on your dashboard for My grades.

Fulton County Schools Grade Recovery Policy
Opportunities designed to allow students to recover from a low or failing cumulative grade will be allowed when all work required to date has been completed and the student has demonstrated a legitimate effort to meet all course requirements including attendance. Students should contact the teacher concerning recovery opportunities. Teachers are expected to establish a reasonable time period for recovery work to be completed during the semester. All recovery work must be directly related to course objectives and must be completed ten school days prior to the end of the semester.

Due Dates
The Fulton Virtual School’s policy is to allow students to work at an individualized pace in the course. You are expected to work at your own pace and have the course finished by the last day of the class. You are expected to show the same level of commitment as you would in your traditional school setting.
Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson’s link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below.

Unit 1: Fitness
Unit 2: Frisbee
Unit 3: Football
Unit 4: Basketball
Unit 5: Lacrosse

Georgia Performance Standards

This course is correlated to the Georgia Performance Standards. If you would like more information on the GPS, please visit: https://www.georgiastandards.org/Standards/Pages/BrowseStandards/PhysEd.aspx

Fulton Virtual School Academic Integrity Policy

In a virtual learning environment, honesty and integrity are integral traits for academic success. At Fulton Virtual, we believe that all students must show integrity in the completion and submission in all aspects of the academic experience. Therefore, no forms of cheating, assisting others in cheating, and/or plagiarism (passing off the work of others as if it is your own) will be tolerated.

When collaboration is necessary to complete tasks and projects, Fulton Virtual School instructors will provide students with advance notice. Thus, all work is considered an individual assignment unless otherwise noted. The following list of dishonest behaviors has been compiled to assist you. This list is by no means exhaustive, and each infraction of academic dishonesty will be handled the virtual instructor on an individual, case-by-case basis.

Dishonest behavior includes, but is not limited to:

1. Plagiarism. Plagiarism can be defined as the inclusion of another’s ideas, words, expressions, or data in writing or presentation without properly acknowledging the source.
2. Unauthorized use off another person’s password/login. Student logins/passwords are confidential information that should not be shared with others.

3. Cheating. Cheating can be defined as the act or attempted act of deception by which a student seeks to misrepresent his submitted work as uniquely his own completed without assistance. Cheating includes copying another student’s work and submitting it as your own.

4. Impersonation. Performing work or taking an examination for another student or allowing someone to do so for you.

5. Falsification and/or misrepresentation of data. This can be defined as the submission of false or contrived data or sources.

6. Computer crimes. This may include damaging computer programs, hacking, constructing viruses, introducing viruses into a system, copying programs, etc.

**Academic dishonesty will result in one or more of the following actions:**

- Loss of grade points
- Removal from the course
- Failure to receive credit for the course
- Loss of eligibility to earn credits through Fulton Virtual Schools

Fulton Virtual School instructors have the authority to require that students perform other tasks or undergo additional assessments in proctored situations. If a Fulton Virtual School instructor suspects that there is a problem with academic integrity, the administrators of both the local school and Fulton Virtual School will be informed. Failure to follow these guidelines may result in removal from your virtual course without further warning.

**All Fulton Virtual Students Must Agree and Adhere to the Following Academic Integrity Guidelines:**

- I understand and will support and will abide by the guidelines set for in the Fulton Virtual School Academic Integrity Policy.
- I will not personally cheat (i.e., use unauthorized materials in completing my assignments and assessments), and I will not help others cheat.
• If I become aware of anyone else’s cheating or use of unauthorized materials (or any other violations of Fulton Virtual School’s Academic Integrity Policy, I have a personal responsibility to report the matter to an instructor or administrator.