

**Physical Education**  
**Francie Ridenhour, Instructor**  
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Office hours: break, lunch and after school, by appointment

**Course Description**

This course will involve students in a variety of exercise activities. These will include but are not limited to cardiovascular and weight conditioning, circuit training, jogging, hiking and yoga/Pilates as well as a variety of games and sports.

**Text and References**

The class will follow some exercise videos. Handouts and articles will also be passed out.

**Objectives**

- To learn and practice different types of exercise
- To value activity as a part of a healthy lifestyle
- To develop a healthy body image
- To enjoy friendly competition and develop excellent sportsmanship
- To increase strength, flexibility and cardiovascular output

**Grading Policy**

- 40% Written tests, quizzes, papers or group projects
- 60% Effort and participation, excellent attendance is vital for this category.

The final exam will be a project. The exam is 20% of student's final grade.

**Classroom Expectations**

**Participate:**

1. To change quickly, students will be expected to be ready when the 7:50 bell rings.
2. To check schedule on my website weekly.
3. To participate in all activities fully.

**Written:**

1. Complete and turn in all reading and writing assignments on time and **typed**.
2. Late work will result in a deduction of grade, 5 points per day, unless student has a legitimate excuse. Late work will not be accepted after 3 days.

**Attire and Equipment:**

1. You may not wear: pieces of your IH Uniforms, camisole tops, short shorts, pajamas
2. You may wear: shorts or sweatpants, T-shirt or sporty tank top
3. You **must** have: **Athletic** shoes and socks,
4. You may need: Sports bra, hat, swimsuit and towel and sunscreen.

**Illness or Injury**

Students must have a written note from a parent, legal guardian or a doctor in order to be excused from participating physically in class due to illness or injury. For students that chose to sit-out without a note; a record will be kept in the grade book. Three unexcused sit-outs in one quarter will result in lowering the students grade a whole letter grade. Sick students should consider going to the sick room.