

LEISURE TIME ACTIVITIES 11/12

Full Year

Alternate days

(Meets requirement for full-year Physical Education)

Instructor: Ms. Rebecca Thorn

Period 7

rthorn@csh.k12.ny.us

Course Description

Instruction will focus on nutrition, fitness and dynamic leisure activities which may include: yoga, aerobics, orienteering, in-line skating, ice skating, cross country skiing, kickboxing, cycling, and beach volleyball.

Grading:

P+ Excellent attendance and excellent participation. Always prepared for class.

P Good participation and rarely unprepared.

P- Satisfactory participation and frequently unprepared.

F Unprepared more than 3 times, participation level is poor. Failure to make necessary make ups.

Make ups: Students are allowed to make up one illegal absence.

Grades will be based on the following:

Active class participation

Written assignments-individual

Attendance

Presentations (nutrition)