

Physical Education (LIFE)
Life Long Individualized Fitness Education
Mrs. Redmond

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Life Long Individualized Fitness Education Class is an elective course to promote physical development, cardiovascular conditioning, flexibility, enhance motor skills and overall physical fitness. The course includes stretching, weight training and aerobic exercise. Activities are structured to allow each participant to proceed at her own pace for optimum development. Activities and skills are taught depending upon availability of equipment and facilities. This course fulfills the requirement for one unit of physical education. There are no prerequisites for this course.

Essential Functions

Students in this course must possess essential levels of functioning which include the following:

- Follow directions of the instructor
- Be on time
- Actively participate in skill drills, games, and other physical activities
- Understand and respond in written and oral forms to higher – order critical thinking questions related to physical education
- Comprehend the terminology unique to Rigor in the physical education classroom
- Work effectively in cooperative learning groups
- By the end of the course, students will be able to successfully complete the Presidential Physical Fitness Test. The activities in this skills test include the following: Sits ups, sit and reach, shuttle run, pull-ups and a mile run.

Course Expectations

- A positive attitude in an atmosphere of mutual respect is expected at all times.
- Students are expected to comply with all policies set forth by the Tuscaloosa County Board of Education regarding tardies, make-up work, standards of behavior, etc.
- Attendance is required to successfully complete the course. A portion of the content will extend beyond the scope of the text and will be covered in classroom discussion.
- Students should come to class prepared to work bringing all necessary materials (t-shirt, tennis shoes, red or yellow folder with pockets and prongs , pencils, quart ziplock bags, hand soap, paper towel, and band-aids)
- **NO SOFIE/TEMPO SHORTS. NO LOOK-A-LIKE SOFIE/TEMPO SHORTS.**
- **NO TANK TOPS**
- **Students that cannot participate for any reason must bring a signed note stating the reason and dates for not participating.** With a parent note, a student can be excused up to 2 consecutive days. To receive 3 or more days, an excuse from a physician is required, or you may clear the matter with an administrator.

Grading

The final grade for each grading period will be based on various methods of assessments. These include, but are not limited to:

Technology	5 points	Participation	50 points	Dress out	15 points
Classwork	10 points	Homework	5 points	Written Test	20%

End of the Year Exemption

- In order to be exempt from the final exam a 9-12 student must:
- Possess an A (90-100) average with 6 or fewer absences
- Possess a B (80-89) average with 4 or fewer absences
- Possess a C (70-79) average with 2 or fewer absences and
- Have no discipline referrals that result in detention or suspension during the year.
- A student who does not meet the exemption criteria must take the final exam at the end of the year.

Student Signature

Parent/Guardian Signature

