

LEISURE TIME ACTIVITIES 11/12

Full Year

Alternate days

(Meets requirement for full-year Physical Education)

Instructor: Chris Phelan

Course Description

Instruction will focus on promoting a physically active lifestyle. Nutrition, fitness and dynamic leisure activities which may include yoga, aerobics, orienteering, in-line skating, ice skating, cross country skiing, cycling, and beach volleyball.

Grading- Leisure Time Activities

- A 90-100
- B 80-89
- C 70-79
- D 61-69
- I Incomplete; only given in special circumstances (students will be given 2 weeks after the marking period ends to complete all required work, in order to receive credit for class/grade.
- F < or = 60