

PHYSICAL EDUCATION. *Mr. Halseide*. A total of 12.5 credits for physical education and 2.5 credits for health are required for graduation.

There are different ways to fill the required credits. Below is a list of classes and the credit weight they carry:

- The normal PE class: 5 credits per semester.
- The PE/Health class: 2.5 PE and 2.5 Health credits.
- The Summer Self-Paced Program: 5 credits. (Parental permission required.) If they desire, one may take this course more than once.
- Playing a competitive sport for the district: 2.5 per sport; **not 2.5 per season**. A maximum of 7.5 credits may be earned this way. (One must obtain a waiver from Mr. Halseide before the start of the season.)
- Social Dance: 2.5 credits. Again, one may take this more than once. This class is offered only at specific lunch periods and only in specific semesters.
- Health: 2.5 credits This class is offered only at specific lunch periods, and only in specific semesters.

Any class that does not involve a waiver **will be graded on an A,B,C,D,F scale and will affect your GPA**.

Unless a student has matriculated to Ridgeview from a different high school, the health course and at least one semester of PE must be taken as a regular course at Ridgeview.

PHYSICAL EDUCATION. *Mr. Halseide 5 credits per semester*.

Grading:

Skills	10%
Tests	20%
Homework	15%
Effort	55%
Conditioning	(10%)
Class Participation	(30%)
Dressing Out	(10%)
Attendance	(5%)

Dressing Out- Students are required to bring a change of clothes to PE.

You will be given five minutes to change before class begins and five minutes before class ends.

Dress code:

You need to bring a change of shirt, a change of pants or shorts, and correct shoes.

Incorrect shoes include but are not limited to the following:

- Ice skates
- Flapper fins
- Sandals
- High heels
- Naked feet
- Socks
- Combat Boots

Shirts may not have pictures or logo sitting, spaghetti straps, tank tops, or sleeveless shirts.

Shorts may not be short shorts. (Daisy Dukes etc.)

For you to receive credit for dressing out I must:

be able to tell that you changed clothes.

You must:

change all clothes. (not merely bring a change of shirt.)

Attendance

You must be in the locker room or in the gym on time. Otherwise you will be sent to the office. (If it merely takes you two minutes to change you are not allowed to talk in the hall for an extra three minutes.)

Attendance will be taken before and after the class. Any student who leaves before class is over will be marked absent.

Notice that attendance is worth 10 % of your grade. (Those who show up to class every day will receive a higher mark in this category than those who are sick or who have dental appointments during PE.)

Lockers

Locks will be assigned. If you lose your lock, you will be charged 10 dollars at the end of the year.

Unless you want to spend the most beautiful hours of the day in detention, keep the locker rooms picked up and orderly.

Philosophy:

“Fair Play” philosophy is as follows:

- Respect the officials and their decisions
- Respect the rules of the game
- Respect the opponents.
- Equal opportunity for all participants
- Maintain dignity under all circumstances

Homework

Knowing that you will have a significant amount of homework at this school, this is not designed to trouble you, or dampen your will to live; however, it will take effort. Homework is due every Monday.

Depending on the time of year and the class dynamics, different units will be taught.

- Physical Testing
- Conditioning
- Basketball (Netball)
- Hockey
- Volleyball
- Dance Unit (swing, or salsa)
- Football
- Various Gym Units

SWING / SALSA I. *Mr. Halseide. 2.5 Credits* There are few things in this world that unfold the ribbons of happiness as much as dance...puppies come to mind; unfortunately, I am not teaching a puppy petting class. It is within dance-within these lighted bubbles of life where we truly appreciate how awkward we are: and it is precisely this clumsiness I hope to remove by teaching the fundamentals of rhythm and movement. Layered in the melodic beauty, the dimensions of dance reveal themselves through musical frame. One will receive 2.5 credits toward PE. This class is graded on a A,B,C,D, F scale.

The following dances may be covered:

- Jitterbug
- Lindy Hop
- Harlem Charleston
- Salsa,
- Cha Cha.
- Reuda

Grading

- Skill.....20%
- Homework.....10%
- Effort
- Attitude/Respect.....30%
- Participation.....40%

HEALTH. *Mr. Halseide. 2.5 Credits*

This class usually takes a little over a quarter to get through the material.

The following is an overview of the units. The major emphasis for the class is understanding the importance of having proper diet and exercising regularly.

Nutrition

Understanding Calories (**Project**)

BMR

Food Pyramids (**Project**)

Diets

Fad Diets

Six Essentials:

Carbohydrates

Lipids

Proteins

Vitamins

Minerals

Water

(Major Project)

Eating Disorders

Test

Food Safety (**Project**)

Test

Exercise

Target Heart Rate

Goal setting

ATP

Anaerobic /Aerobic

Test

Communication

Peer pressure

Healthy Communication Skills

Stress (**Project**)

Test

Drugs

Test

CPR

Test

Grading

Classwork/Homework.....30%

Projects.....40%

Tests.....30%