

## **Aerobics & Weight Training**

Welcome to a new semester at Smith Junior High. My name is Mrs. Richardson and I will be your student's Aerobics & Weight Training instructor. This elective class devotes time to physical activity in many forms. We will use various equipment and exercise styles to improve students cardiovascular endurance and muscle strength. Students will participate in step aerobics, kick-boxing, yoga and pilates. We will spend two days a week in the weight room learning proper lifting techniques and building strength. Fridays we will spend a little time learning about health concepts such as: target heart rate, nutrition, body image, and stress relief.

### **DAILY ATTIRE**

Students are required to dress out daily. Here are the requirements:

1. Athletic shorts and a t-shirt.
2. Socks and athletic/tennis shoes only.
3. Sweat pants and sweatshirts may be worn in cooler weather.

\*PE uniform is available in the bookstore for a small fee.

\*\*Clothes are always available in the PE office.

### **PLANNER CHECKS**

Each Friday students are to bring their school planner to class. They will receive their overall grade at this time. I stamp the planner so you know that the grade written is approved by me. Please ask occasionally to see the planner so you can follow your student's progress in my class.

### **GRADING**

Students earn 10 points daily. 3 points for dressing out, 5 points for participation, and 2 points for being on time. Students not dressed out will not be permitted to participate. 75% of the student's grade will come from these daily points. 25% will come from written work, tests, and occasional assignments.

### **LOCKER & LOCKER ROOM RULES**

- Each student will be assigned a lock and a locker.
- Combinations should be kept secret; no locker sharing.
- For lost locks, replacements are available in the bookstore for \$5.00.
- No glass or aerosol containers in the locker room.
- No food or drink (other than water) in the locker room.

### **EXCUSES/ABSENCES**

To be excused from class activities, your student must have a note from a parent/guardian or doctor on the day to be excused. A doctor's note is required for 4 or more days. Excused students must still dress out for class. Points lost may be made up by in-class assignments.

If you are absent 2 or more days in a quarter you will need to complete an article review or 10 minutes of activity make-up before or after school.

I look forward to a wonderful semester. Please feel free to call me anytime. The best time to reach me is in the morning before school. My school number is 472-9995. My e-mail is [jesrich@mpsaz.org](mailto:jesrich@mpsaz.org)

**I HAVE READ AND UNDERSTAND THE SMITH JUNIOR HIGH AEROBICS RULES AND CLASS REQUIREMENTS.**

Student name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_