

REEDLEY COLLEGE

Swimming P.E. 12

Monk

Tue. - Thurs. / Wed. 12:00 - 1:15 / 6:30 - 9:20 Aug. 18 - Nov. 5, 1998

PARTICIPATION

Your participation is very important. You will be allowed 3 absences without penalty. After the 3rd absence, your grade will drop one grade level, and continue to drop. Late after 12:10 is considered an absence & three tardies (12:05-12:10) will constitute an absence. You must participate and apply the knowledge/skills each class meeting, making "mastery attempts."

No participation in class, No credit for the day.

1-2 absences = A

 $3 \quad " = B$

4 " = C = Credit for class

5 " = D = No credit for class

Make-ups for absences

No longer is this P.E. Dept. allowing absences to be made up. If you miss a class--It's an absence.

THREE CONSECUTIVE ABSENCES without notification and not attending class on a regular basis the student will be dropped from class.

PARTICIPATION 25% WRITTEN TEST 25% Skills & STROKES EVALUATION 25% TIMED TESTS 25%

Tests: EVERYONE will be tested on a 1/4 mile=18 laps.

18 laps Timed (3) times during the semester, you must show improvement each time you test to obtain a bette grade. Not taking a test will drop your grade (2) grade levels and Not showing improvement, will drop (1) grade level from present grade.

Skills test: treading--3mins., floating on back--1min., survival floating--5mins., survival stroke (4) lengths of the pool and disrobing & inflating clothes--5mins.

Beginners:

Tested on (6) strokes: 1) front crawl, 2) back crawl,

3) elementary back, 4) regular sidestroke, &

5) breaststroke, also (6) butterfly.