

RECREATIONAL LIFETIME ACTIVITIES

This class provides an overview of several recreational activities that one might enjoy after high school to maintain health, add to the quality of their life and/or to achieve personal fitness goals. THIS IS AN ACTIVITY BASED CLASS AND REQUIRES ACTIVITY.



Activities

- Daily Fitness Exercises
- Archery
- Bowling
- Golf
- Kickball
- Bocce Ball

Badminton, Volleyball, Ultimate Frisbee



Activity Fee

Bowling activities includes off-campus public facilities for which VMHS is charged.

Approx. \$25.00 materials

donation for bowling in the spring.

Non-Suits

Gym clothing and athletic shoes are required for class participation. A student not dressed as stated, will not be allowed to participate, losing class points. **No Tank Tops. No Spanks.** A non-suit is **Minus 10 pts. and Saturday School.** Loaners are available 2 times per semester, with a **student I.D. Only!** Proper attire is required for personal hygiene, safety, and flexibility for the activities.

Locker Room

*Must purchase a lock from VISTA MURRIETA in order to check out a locker.

*Backpack is stored in tall locker using lock purchased to lock things up during class ONLY.

*PE clothes and supplies are kept in small assigned locker.

*If you forget your combinations come into the office for help. After one week of locker use, there will be a 20 push-up fee in exchange for locker combination. **MEMORIZE** your

COMBINATIONS!!! Write them down!!!

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*After you are dressed Leave the locker rooms. Walk around the basketball courts until your Coach calls you to roll call.

**Refer to Student Handbook for more information.*

Medical Excuses

A parent note is accepted for only 2 days and must include: Name, Date, Specific reason for non-participation, Signature and Phone Number. A doctor's note is accepted for extended injury or illness. If Dressed they will receive 5pts. And have an opportunity to gain the other 5 with makeup work. Over 1 month out please contact Counselor to rearrange schedule. THIS IS AN ACTIVITY BASED CLASS. IF UNABLE TO PARTICIPATE IN ACTIVITY YOU ARE UNABLE TO RECEIVE CREDIT.

**Makeup work is required for any medical.*

**Medical excuse over a month, please contact your counselor.*

Makeup Work-out. 10pts. Possible. Offered Every Monday Late Start 7:30 AM – 8:15. Come dressed and ready to go. Locker rooms will not be opened until 8:15.

Due 1 week after absence.

Used for excused absences and medicals only. You may not makeup unexcused, truant, suspended or OCD absences. (8 maximum)

GRADES

**Each Day worth 10 Points*

**Non-suit = -10 points*

**Loaners available 2 times per semester, with student I.D. ONLY!*



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