

**RIDGECROFT SCHOOL
PHYSICAL CONDITIONING**

Physical Conditioning is an elective course for upper school students that focus on building strength and endurance. Students will utilized exercise including, but not limited to running, playing sports, lifting weights, pushups, jumping rope.

The Presidential Fitness Challenge (www.presidentschallenge.org) will be used to set guidelines for determining percentiles of fitness. There are 5 events: curl-ups/partial curl-ups, shuttle run, endurance run/walk, pull-ups or right angle push-ups, and V-sit or sit and reach. Students will set personal goals and will chart their progress.

Assessment is based on participation, enthusiasm, and achievement of goals.

PACING GUIDE

NC STANDARD COURSE OF STUDY

GOAL 1: THE LEARNER WILL ACHIEVE AN ENHANCED LEVEL OF FITNESS AS BASED ON THE PRESIDENTIAL FITNESS CHALLENGE.

GOAL 2: THE LEARNER WILL BUILD ENDURANCE AND STRENGTH AS DETERMINED BY CHARTED DATA.