

Diamond Fork Middle School – Individual Lifetime Activities class

(otherwise known as the “cycling class”)

Coach Bowden

Each class period the student will be expected to work-out for 30 minutes. The student will also learn and understand correct use, care and safety of biking. Participants will ride three to five days per week. We will be riding on school grounds until all students have passed off skills tests and a written road test. Upon completion of that we will ride on designated paths through neighborhoods near the school getting up to five miles a day.

Specialized Bicycle Components Inc. has selected Diamond Fork Middle School to participate in this cycling program. As part of this program, Specialized will loan bicycles and helmets to the school. Cycling safety, protective gear, bike care, bike use and selection will be taught before cycling begins. Heart rate data will be collected for each ride and will be used by Specialized. Photographing and filming of participants by Specialized may also occur.

EXPECTATIONS: Each class the student will:

- Attend class
- Help with cleaning up equipment
- Cooperate with peers and teacher
- Bring concerns, suggestions, and health issues to the Coach Bowden's attention
- Complete written assignments and tests
- Be responsible for assigned bike and helmet. Students will pay for intentional damage to bikes or helmets.
- Be responsible for any damage to property they could possibly run into such as mailboxes, trailers, cars etc.
- Wear a helmet every time we are on bikes no exceptions.
- Come dressed appropriately for riding a bike. Not required, but as it cools off a light pair of gloves is nice. Gloves are not supplied by the school.

Weather- We will ride bikes most days, pending it is warm enough to ride. Fifty degrees is usually my cut off to ride or not. Wind plays a big factor in this. If the ground is wet we will not be riding that day. When we do not ride we will participate in the typical PE program and do things like archery, badminton, pickleball and other activities.

Grading- I expect everyone to get an "A" as long as you participate daily and have a good attitude. If Following the rules is critical for our safety. If you do these two things there will be nothing to worry about other than getting an "A". If you are not getting an "A" Coach Bowden will be in contact with you to discuss what needs to be changed to get an "A"

Thanks Coach Bowden