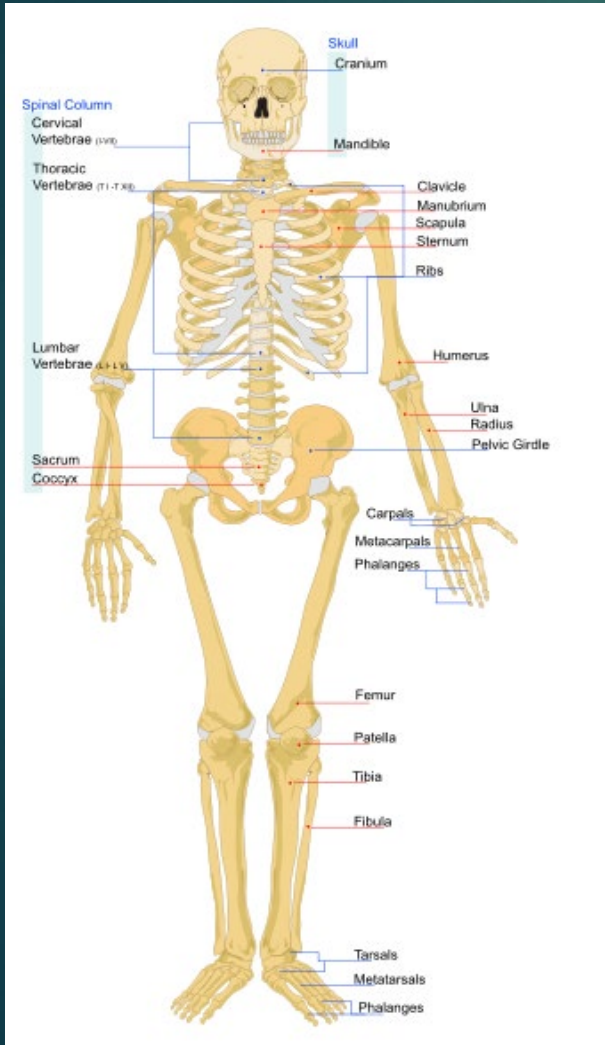


MAST Academy Physical Education

Mrs. Hendrickson



Physical Education

Period 1 Individual and Dual Sports 1

Period 2 Individual and Dual Sports
3/Recreational activities

Period 3 Individual and Dual Sports 2

Period 4 Individual and Dual Sports
3/Recreational activities

Period 5 Individual and dual sports 1

Period 6 Individual and dual sports 1

Period 7 Individual and dual sports 2



Contact information

Khendrickson@dadeschools.net

305.365.6278 X2129

All students are in my Microsoft teams and receive information via TEAMS.

Parent portal

Paying fees

Click on APPS and services → OSP online student payment
→ secondary schools → MAST academy → SCUBA FEE
or lifeguarding or WSI → students name

Water Safety Units:

- ▶ Stroke refinement
- ▶ Pre test & Post test for all fitness skills.
- ▶ Snorkeling
- ▶ Lifeguarding certification– CPR first Aid, AED, 37\$
- ▶ Kayaking
- ▶ Paddleboarding
- ▶ SCUBA open water certification 150\$
- ▶ Windsurfing

Intermediate swimming

Units Include:

- Pre test & Post test for all fitness skills.
- Snorkeling
- Shallow water LIFEGUARDING Certification (37\$ fee)
- Paddleboarding
- Swimming strokes- elementary back stroke, side stroke, butterfly
- Waterpolo
- Kayaking
- Fishing/ Boating license (Free)

Recreational Activities Units

- ▶ Swimming strokes refinement- must be able to demo all 6 strokes perfectly for WSI
- ▶ Advanced SCUBA Certification (150\$ fee)
- ▶ WSI- Water Safety Instructor Certification (37\$)
Swimming teacher certification
- ▶ Snorkeling/skindiving
- ▶ Underwater Hockey
- ▶ Pre test & Post test for all fitness skills.

Main Physical Fitness Tests

- ▶ Three tests are performed once in the beginning of the year as a Pre-test and once at the end of the year as a Post-test to measure improvement.



Grades

- ▶ Students will receive at least one grade per class.
- ▶ Categories for grades are 1. Class Participation. 2. homework. 3. Skills testing.
- ▶ If absent, student must make up assignment on TEAMS or in person depending on what was missed.
- ▶ Note: if injured or sick I would like a parent email and Doctor note for excuse.

Field Trips



- ▶ Snorkeling- Pompano beach, FL
- ▶ Lifeguarding – Miami beach, FL
- ▶ Sailing- Coconut grove sailing club
- ▶ Fishing – South Beach marina
- ▶ Kayaking and paddle boarding- Virginia Key or Oleta park, FL
- ▶ SCUBA Diving- Key Biscayne Marina



WE ARE MAST!

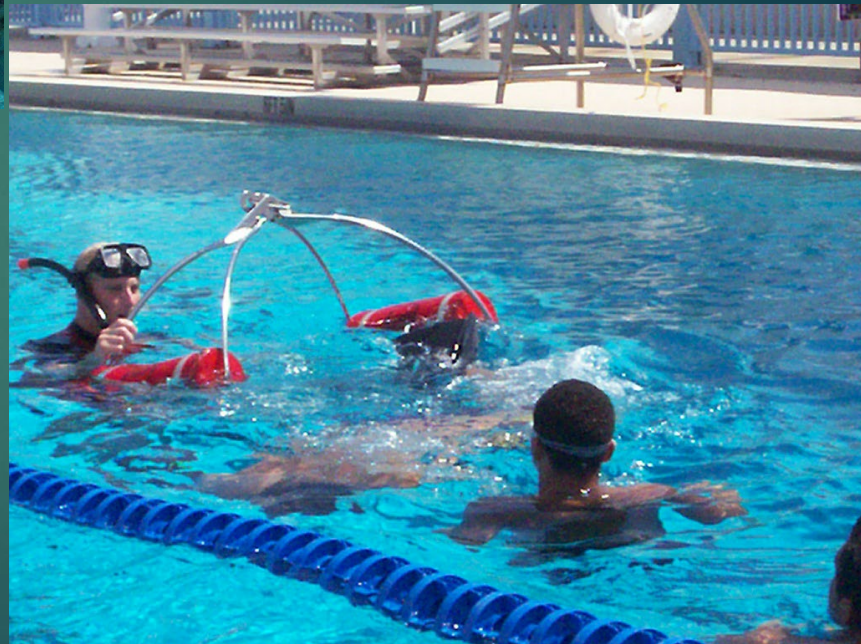


- ▶ Not to brag but these are the best classes at MAST. Being on the bay and our unique location makes my Physical Education classes an elective you don't want to miss out on.
- ▶ You will not only be on the beautiful bay but you'll leave class with experiences to last a lifetime.
- ▶ You also will leave with the lifelong skills and certification which can help get jobs and promote healthy living.













Weight training Units:

1st semester

- Basic weight training
- Nutrition
- Muscles and bones
- Stretches + Calisthenics



- ▶ 2nd semester
- ▶ Projects on local gyms
- ▶ Personalizing routines
- ▶ Cardio and core focus

