

## Physical education class description

Every student will participate in physical education class once a week. The Physical education curriculum allows students to develop skills in both individual and team sports, have a basic understanding on how the body moves and develop ideas on how to live a healthy lifestyle. All students will participate in the Physical Best Test twice this school year. This testing allows the students to evaluate their own fitness levels in order for them to learn goal setting. Some of the sports/activities that I will concentrate on this school year are: The Olympics, Volleyball, Basketball, Lacrosse, Baseball, Tennis, Jump Roping, Football, Loco motor skills, Cooperative activities, and Fitness.

**Grading:** Students in grades K-3 will earn points in the following categories: participation, Sportsmanship skills and homework/skills assessments. Each activity will be worth so many points. Students in grades 4-8<sup>th</sup> will earn points in the following categories: participation, sportsmanship skills, homework/skill assessments and test/quizzes/projects.

**Written homework, tests, quizzes, and projects** are assigned to students in grades 3-8 and will be posted on my webpage. Homework is also assigned in grades K-2. This homework consists of practicing skills that were taught in class the previous week. For example: If 1st grade is working on basketball dribbling with dominant and non-dominant hands, their homework will be to practice dribbling at home. Students will also perform skill assessments during each unit for a grade.

<b>Grading Scale:</b>	93-100	=	A-Outstanding
	84-92	=	B-Very Good
	75-83	=	C-Satisfactory
	70-74	=	D-Needs Improvement
	0-69	=	U-Unsatisfactory

Each student must come prepared for class. Everyone must wear or bring tennis shoes each week. (This is a safety issue) Points are deducted each week a student does not wear tennis shoes or bring the necessary materials for physical education class. Grades 4-8 must bring a notebook for journaling and purchase a mouth guard for lacrosse.

Each student receives a sportsmanship grade. This grade reflects a student's cooperation skills. Students should display a positive attitude at all times and be cooperative with his/her classmates and the teacher. If a student displays poor sportsmanship skills or fails to cooperate with teacher or classmates, five points will be deducted per incident.

If you have any questions or concerns throughout the school year, please contact me at [mcornwell@stgabriel.net](mailto:mcornwell@stgabriel.net). I am looking forward to working with your children!

Sincerely,

Michelle Cornwell-physical education teacher

