

Physical Education Expectations

In Physical Education the students learn the following life skills:

1. Positive Social Interaction
2. Self-Control of Emotions
3. Specific Rules for Activities
4. Lifetime Physical Fitness Activities

Class Schedule

Physical Education class meets three times per week opposite health class.

Class Units

Flag Football	Archery
Soccer	Gymnastics
Fitness and Fitness Testing	Dance
Curling	Badminton
Basketball and Rock Wall	Softball

Non-Participation Notes

1. Written notes from the parent(s) or guardian(s) = one day out of activity
2. Written notes from a medical doctor = length designated by the doctor

Returning to activity before the date noted can only happen if a parent or guardian writes a note stating the student is cleared for activity.

Physical Education Clothes

Students should be prepared for class by wearing the following:

- *MAMS Physical Education Shorts and T-shirt
- *Socks (any color)
- *Activity shoes

Optional Attire for cold weather:

- *Sweatshirt or sweatpants
- *Hat and gloves

*Students are to have physical education clothes in their physical education locker throughout the week.

*Students clothing is to follow the required Physical Education clothing.

*Daily points will be deducted when the student is not prepared for class.

Grading Content

The student's grade consists of the following:

1. Participation= completes the warm up and is actively involved in class activities
2. Skills= physical skills for the unit
3. Written Work= assignments and tests
4. Responsibilities= Changed into required Physical Education attire

