

# PHYSICAL EDUCATION

**MRS. SUDDABY-** ksuddaby@wgcsd.org

**COURSE:** Physical Education is a state mandated program that will meet every other day for the whole year. Physical Education will include a mix of lifetime activities and sports. The purpose of PE is to improve your health, activity levels, skills and knowledge in many different areas.

## **POLICIES:**

- Arrive on time- have a pass if you are late
- Follow school dress code
- No gum
- No phones
- No food
- No hoop earrings
- Be prepared with sneakers, t-shirt, shorts, sweatshirt and sweatpants (if needed) everyday unless otherwise stated.
- A lock will be provided
- Fun

**GRADING:** 5 pts. /day 1-prepared, 2-effort, 1-sportsmanship, 1 Attitude

Rubric points:    1                      2                      3                      4

Rarely demonstrates      Sometimes      Usually/frequently      Consistently/Always

Semester grade will be determined by: 75% participation (5 pts. / day)

+ 25% written / or rubric (skills test)

100%

**EXPECTATIONS:** Respect, daily participation, effort, integrity, honesty, sportsmanship and fun.

**EXCUSES:** A doctor's note is needed if you are unable to participate in more than one day of class. If you have a medical excuse, the doctor will be asked to be specific- (indicating activities you may be able to participate in such as swimming, etc.). A note from home is good for one day only. You may be given an assignment to read and summarize an article.

**ATHLETES:** Athletes must participate in physical education class in order to participate in that evenings or game.

**ACTIVITIES:** Biking, tennis, swimming, badminton, Kayaking, volleyball, dance (line/fitness), fitness and fitness assessment, games and more.