

Middle School Physical Education



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Course Description:

This class is designed to introduce, motivate, and provide experiences to increase student awareness of health and physical education skills that relate to their lives and to their needs for the future. Students will be gaining knowledge not only about healthy choices, but how to implement healthy habits within their life. This is a performance based class where participation is gauged through large and small group activities both within the classroom and the gymnasium.

Classroom Materials:

Everyone needs sneakers with laces!
No Sanuks, Crocs, Sperry's, Hey Dudes!



Grading Policy:

Each students will receive 5 pts

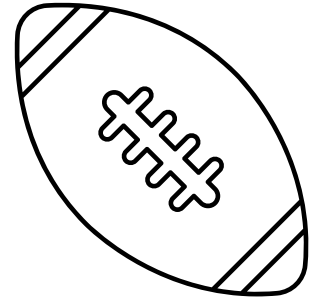
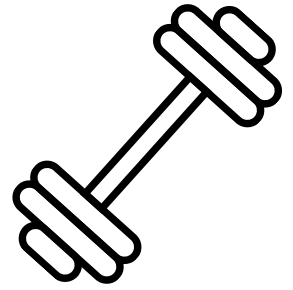
- Full points are based on full participation, attitude, sportsmanship, and effort
- Skill level improvement & willingness to learn



Classroom Rules:



- Be on time
- Be Involved
- Be Respectful
- Be Prepared



Areas to be Covered:



- Team & Individual Sports
- Recreational Sports
- Fitness



Responsibilities:

1. Be prepared for class
 - a. Bring all materials needed every day for class including notebooks, paper, pencil, agenda, and assignments
 - b. Come to class ready to work.
2. Be on time for class
 - a. Your agenda will need to be signed every time you arrive late or have to leave early
 - b. Lateness Policy: Arriving late to class without a note will result in losing a point for the day. Multiple latenesses will result in a detention.