

MIDDLE SCHOOL PE

2020

Mrs. Exalus

2021

COMMUNICATION

with the teacher

- 1 eexalus@quisqueya.org
- 2 +509 4442 9722 whatsapp
- 3 Meet with me on campus :)

RESPONSIBILITY

and preparation

- 1 Make sure to connect to our Google Classroom. This is where the majority of your assignments will be found.
- 2 COMMUNICATE with Mrs. Exalus if you have any questions about assignments, have internet problems, or need any help!
- 3 Be on time for class (PE uniform on/water bottle full), be ready to do your best & have fun!

GRADING

in PE

- 1 Turn in your assignments on Google Classroom
- 2 Participate

PHYSICAL EDUCATION

Course description

Physical education is a class where students will develop overall personal fitness by exercising, developing skills, and gaining knowledge about personal fitness.

Throughout various activities, students in our program will learn how to incorporate physical activity into their daily lives. In addition, we hope to instill enjoyment of physical activity, as well as an understanding of the importance of maintaining physical fitness.

MATERIALS NEEDED

To be successful

- 1 A GOOD ATTITUDE :)
- 2 ACCESS TO GOOGLE CLASSROOM
- 3 PE UNIFORM
- 4 WATER BOTTLE

"If you don't take care of your body, where will you live?"

Physical Education policies and procedures

FOOD & DRINK POLICY

Food (and gum!) and drinks (except for water!) are not allowed in PE class. This policy is subject to change at my discretion, and at any time.

ASSIGNMENT FORMATTING

All typed assignments turned in on Google Classroom must be in **12 PT TIMES NEW ROMAN FONT**, double-spaced, and have 1" margins with your name, class period, and date in the top right corner with a centered title.

EXPECTATIONS

If you are present at school, you are expected to participate in class. There are very few exceptions. **Girls, having your period is not an excuse to miss class.**

You may not voluntarily miss class to work with another teacher, do homework, etc.

If you are legitimately sick/injured, a note from a doctor/school nurse is needed. **I do not accept parent notes as a legitimate note.** If you need to see the School Nurse, please do not do it between classes.

GRADES AND ABSENCES

Your assignments will be posted on Google Classroom every Monday at 8AM. They will be due Sunday night at 11:59PM.

Assignments will include Personal Activity Logs, nutrition, fitness journaling, fitness planning, and sports related assignments (to name a few).

Please check grades on Google Classroom/Sycamore regularly and feel free to ask me any questions that you might have about a particular grade. Grades will be updated weekly.

Please contact me ahead of time if you will be absent.

"You can feel sore tomorrow or you can feel sorry. You choose."

ELECTRONIC DEVICES

Electronic devices should be kept in students backpacks. Devices should not be out during class, unless otherwise instructed by the teacher or with permission.