

Welcome to Physical Education 2007-2008

Physical Education will be conducted as any other subject within the curriculum. Students will be expected to give their best effort in every class. Students will be evaluated on an ongoing basis. Participation in all areas is the most important aspect of Physical Education. If you attend regularly and participate fully, you will receive a deserving mark.

CLASS EXPECTATIONS:

Students are expected to arrive on time and properly attired. Uniforms must be changed before class.

- *an ISPS physical education uniform is expected,*
 - *students will not always sit out due to improper attire.*
 - *athletic shoes (with non-marking soles) with socks are required.*
2. Students are encouraged to shower (freshen up) and change before the next class.
 3. Class begins 10 minutes after dismissal from your previous class.
 4. If you are going to sit out a class with an injury or illness, please bring a note from parent/guardian.
 5. ***Students are reminded not to bring any valuables to the gym/locker room.***

SUBJECT EXPECTATIONS:

1. Participate fully in a variety of competitive and recreational sports and activities.
2. Use language appropriate to the situation. E.g. a spike is not a hit.
3. Students will be required to gather information on related sport topics and write and/or present a written report on their findings.
4. Student will participate in fitness activities.
5. Students will be given a rules test for every major sport played.

EVALUATION:

Class /subject Expectation:

Uniform
Active Participation (warm ups included)
Assignments and rules test
Attendance and punctuality

Skill Application/Improvement:

Each student will be graded on their fitness and skill improvement throughout the unit. The students will be given a pre test and post test as well as evaluations throughout the unit.

Participation: Be prompt, properly dressed, and give your best effort in class and with assignments!

This is the formula for an A!

Warm-up: Proper warm up will be emphasized. Teachers will lead many and as the year moves on, students will be expected to conduct a proper warm either individually and /or for the class.

Of major importance is the understanding that stretching is for the benefit of the students and should not require the teacher to force participation.

Skill Application: Students will be learning different skills and strategies pertaining to each major sport; as such, their evaluation will be on their ability and effort to apply the proper technique, strategies during the games and drills and their improvements throughout the term. ***How hard you try has a direct correlation on how much you improve.***

Written Assignments: Students are required to gather information and write and/or present a report on their findings. These assignments are intended to enhance concepts and ideas associated with the world of sports and are sometimes integrated with other classes. They are designed to be simple, brief and require an honest effort. Failure to complete assignments may result in a below grade expectation result.

ANIMA SANA IN CORPORE SANO = A healthy body is a healthy mind.