Welcome Back!!
I am happy to begin PE this year! I love exercise and health/nutrition, and I am excited to experience this year with you all!

The first part of the year we will not be in-person on the WSD campus, however we will continue with Health/PE instruction through distance learning.

Course Description:
The goal of this class is to prepare students with knowledge, skills, and motivation to help them achieve and maintain fitness and health throughout their lives. Students will develop overall personal fitness by exercising, developing skills, and gaining knowledge about health and nutrition.

We will explore various topics in health to help prepare students to make independent, informed decisions concerning their physical mental, emotional and social well-being. The Health Standards we will study are: Wellness, Safety, Nutrition, Sexual Health, Social Emotional Health, and Substance Use and Abuse. We will be studying these topics during distance learning the first semester.

We will explore fitness activities designed to improve all areas of fitness (cardiovascular endurance, flexibility, muscular strength and muscular endurance). Students will develop skills associated with teamwork, responsibility, problem solving and leadership. Students will learn the importance of repetition, hard work, dedication, and practice. Students will participate in a variety of motor/movement skills and apply their knowledge to develop strategies, improve their performance, and increase their confidence.

Our goal during remote learning is for students to learn to recognize the value of physical activity for health, enjoyment, challenge, and self-expression. We will explore different ways to exercise at home. Students will choose a self-selected physical activity, choose an appropriate level to challenge themselves, and experience success and enjoyment in doing it.

Health Topics:
Possible Physical Activities at School: (depending on COVID restrictions)
Fitness Testing, Volleyball, Basketball, Scooter Games, Dodgeball, Floor Hockey, Indoor Soccer, Speedball, Nitro-ball, Kickball, Broomball, Scoop Ball, Nerf Ball, Disc Golf, and Outside Field Games.

- When we get back to in-person school, fitness levels will be assessed in the areas such as: the mile run, shuttle run, sit-ups, hang time, softball throw, 40-meter dash, 8 lbs. shot put throw, high jump, and long jump. From these assessments, students will set personal fitness goals and strive to break their own personal records.

Student Expectations on Zoom/Google Classroom (distance learning):
- Attend ALL Zoom Classes (this is part of your grade).
- Be on Time & Prepared to participate and learn.
- Attend to the presenter and stay on topic.
- Support others – follow the 3 Rs (if disrespectful, you will be put in a waiting room & lose points)
- Be Positive – we know Zoom classes are hard.
- Complete Homework Logs and/or Assignments on time & to the best of your ability.
- Follow the teacher/aide directions the FIRST time they are given.
- Follow Class and School Rules
- PE Make-ups - if absent, it is student’s responsibility to ask the teacher how to make up missed work.

Student Expectations at WSD:
- Come to class on time.
- Be prepared to participate in class each by dressing WSD Physical Education shorts, t-shirt, and sneakers (these can be purchased). The school has shoes and clothes to borrow if needed – Dressing appropriately is part of your grade.
- Participate fully in group and individual assignments/activities and have an OPEN mind and willing to try different activities.
- Have GOOD sportsmanship and a POSITIVE attitude - Respect and Encourage others.
- Follow the teacher/aide directions the FIRST time they are given.
- Follow Class and School Rules – Follow the 3 Rs, Be Safe, & Have FUN!
- Complete Homework and Assignments on time to the best of your ability.
- PE Make-ups - if absent, it is student’s responsibility to ask the teacher how to make up missed work. If you are unable to participate because of injury or sickness you need a to be excused with a note from the health-room, doctor, or a parent.

Grading:
Attendance, participation/effort, and having a positive attitude are very important!

At Home (distance learning):
- Zoom Classes 10 points each day for participation and positive attitude (2 Zoom/week)
- Exercise Logs 25 points a week
- Weekly assignments to demonstrate knowledge and students will be informed how many points each is worth.
At School/WSD:
You will earn 10 points a day
- Clothing - 2 points or 20% (0 - 2 points for fully dressed)
- Participation - 4 points or 40% (0 – 4 points for participation)
- Positive Attitude/Sportsmanship - 4 points or 40% (0 – 4 points for positive attitude)

Quizzes or assignments to demonstrate knowledge will be added to the overall grade and students will be informed how many points each is worth.

The easiest way to earn an A is to come prepared, dressed down, participate, and have a positive attitude every day!!

Materials Needed (at WSD):
Physical Education shirt and shorts (sold @ Terrier World Store), Sneakers or Athletic shoes with non-marking soles. Please let me know if there are any concerns.

Need Help or Have a Question:
I have office hours on Friday and am always happy to meet on Zoom with any student, please let me know. Contact me via email or through google classroom.

LET’S HAVE A GREAT YEAR!!

Agreement:
I understand it is my responsibility to come to zoom or in-class prepared. When back in school, I will dress down every day with the appropriate shirt, shorts, and shoes. I will communicate with the teacher/aide when I am not feeling well, but I know I am still expected to do what I can. I understand during distance learning homework exercise logs are due weekly. Other assignments may be given. I understand that my grades are a consequence of my own behavior and work ethic.

I understand the expectations for this class: _____________________________