

PHYSICAL EDUCATION EXPECTATIONS AND RULES

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DAILY OBJECTIVES

- Students will understand and utilize Ohio Physical Education Standards
- Students will be physically active and work with others to improve their fitness level.

DAILY EXPECTATIONS:

- If you are in class you must participate in daily activities.
- Appropriate Sportsmanship at all times.
- NO jewel that may cause a safety issues.
- If, you are unable to participate you must:
 - Have a note from parent/doctor or nurse.
 - Medical documentation if more than a day.
 - Communicate at all times to one of the teachers.
- Water bottles stay with your books in the locker room.
- Must be to class on time or have a pass.
- MASKS ARE REQUIRED IN PE when inside.
- NO MASK when outside for class.

DRESS/PARTICIPATION

- YOU ARE NOT required to change for class this year.
- If you choose not to change, you should not be hanging out in the locker room.
- YOU MUST HAVE PROPER TENNIS SHOES TO PARTICIPATE.

DRESS CODE:

- Crew neck t-shirt
- Athletic shoes
- Athletic shorts, capri or sweat pants

MEDICAL

- If it is a minor injury, communicate to the teacher. They can decide if you need to see the nurse.
- Long term injury must have a documented note from school nurse or doctor.
- Communicate all health issues to teacher. A plan will be in place that best fits your situation.

GRADING

- You will be graded on the Ohio State Physical Education Standards. In each area you will receive an A=Advanced, P=Proficient, L=Limited
- Assignments will include personal activity logs, nutrition, fitness journaling, sports related skills, activities and assessments.
- Grades will be updated regularly. Please email any questions throughout the 9 weeks.
- Open communication is the key to your success in Physical Education!

ACTIVITIES AND MOTTO

Throughout the year, year will participate in a variety of games and activities that revolve around sports, lifetime sports, teambuilding, individual fitness, and other activities that encourage movement and socialization. You will participate in activities outside while the weather permits. We truly feel that playing as a child could not be more critical to one's physical, social and mental health. Moving, laughing, sweating and interacting will be encouraged in our class to the fullest.

QUOTE:

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is a disease.” -V.L Allineare

“Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong.” - John F. Kennedy