

Physical Education Department

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Mission Statement: Our mission is to prepare students for the long-term benefits of an active and healthy lifestyle by providing the knowledge and skills necessary to make healthy choices.

Objectives:

1. To understand the value of physical education as a lifetime activity.
2. To improve one's fitness levels (cardiovascular, strength, flexibility, muscular strength and endurance).
3. Learn correct safety and skill procedures and techniques.
4. Learn social skills within co-ed situations.

P.E. RULES

These are the general rules and expectations of the P.E. department. All rules are geared to provide and maintain safe and sanitary learning conditions, classroom order, and proper equipment and facilities. All students are expected to abide by these rules and to respond in a favorable manner to all reasonable requests by any school district personnel.

PEACE

Protect Equipment:

Equipment is to be used in the manner for which it was intended.

Enter and Exit Gym Quietly:

Don't interrupt or distract others or activities in progress.

Attention-Listen and Do:

Following directions as given.

Cooperate:

Demonstrate proper citizenship, teamwork, collaboration, cooperation, and effort.

Esteem-Respect Others:

Good sportsmanship, teamwork, accountability, and consistent effort.

ASSESSMENT REQUIREMENTS

Participation:

Students will be expected to put forth their best effort in P.E

Dress:

Students are required to wear appropriate footwear (tennis shoes) to participate in class.

Effort and Attitude:

We promote good sportsmanship, teamwork, accountability, and consistent effort.

Cooperation:

Having self-control and being able to adhere to and follow rules will greatly increase a student's ability to succeed.

Grading: Students will be graded on:

- Participation (25%) - Actively engaging in all activities
- Dress (25%) - Proper footwear—No flip-flops
- Effort/Attitude (25%) -Sportsmanship, teamwork, accountability, and consistency
- Cooperation (25%) -Following rules, citizenship, respect, positive social skills