

St. James School

Physical Education Expectation Form

[For more information about your son or daughters Physical Education class check us out on the web. We are on the St James School website under teachers.]

GENERAL GOALS/PURPOSES:

Students will:

- Be competent in many movement activities.
- Understand how and why they move in a variety of situations and use this information to enhance their own skills.
- Achieve and maintain a health-enhancing level of fitness
- Exhibit a physically active lifestyle and understand that physical activity provides opportunities for enjoyment, challenge and self-expression
- Demonstrate responsible personal behavior while participating in movement activities
- Demonstrate responsible social behavior including respect for all other while participating in movement activities

STUDENT EXPECTATIONS:

1. Students will be on time for class; if not they will be marked as tardy and receive a reduction in participation points for the class.
2. Treat all Physical Education equipment with respect and use equipment as instructed.
3. Adhere to all safety guidelines.
4. Choose an attitude that is positive and supportive of classmates.
5. Students will come to class ready to participate with the following:
 - Shorts or sweatpants, plain or with the SJS emblem.
 - T-shirt and/or sweatshirt (for cold weather), gym uniform approved.
 - Sneaker with ties (they must be tied for class)
 - Socks

GRADING POLICY:

Physical Education grades are based on a point system. The students earn points in the following ways:

Preparation (students have points taken away if they are not completely prepared) = **3 pts**

Performance (individual level of effort) = **3 pts**

Participation (students will have points taken away if they choose not to participate to the best of their ability. =**4 pts**

Assessments or homework (skills assessments, cognitive assessments or various homework assignments) = **points will vary**

It is very important that your son/daughter come prepared to Physical Education class and try the best that they can do.

Information

Medical Conditions: Please list any medical conditions that may affect your son/daughter in his or her Physical Education class. If it is a condition that will affect their everyday performance we require a note from your doctor with the restrictions listed. This information will be held in the strictest confidence. The health and welfare of your son/daughter is our first concern.

Student Name: (please print): _____

Please describe any medical concerns regarding your son/daughter: _____

I have read and understand the attached rules and regulations, grading procedures and grading criteria expectation sheet.

Parent/Guardian name: (please print): _____

Parent/Guardian name signature: _____

Student signature: _____

Date: _____

Return to Mrs. Jolly the next time your class meets.

If you need a copy of this expectation sheet you can obtain one on the Mrs. Jolly's webpage or have your son/daughter request a copy from their PE teacher.