

Physical Education and Health Syllabus 6th-8th

Physical Education Expectations:

- PE is every MONDAY, WEDNESDAY, and FRIDAY
- Every Friday will be Recreation Day. This will also allow students to complete missing assignments.
- Participate to the best of your ability
- Dress in appropriate athletic attire
 - DO wear tennis shoes and comfortable clothes
 - DO NOT wear sandals, slides, crocs, and hoodies/jackets
- 3 strike policy for inappropriate gym attire:
 - 1st Strike=No participation in gym activity and complete written assignment
 - 2nd Strike=No participation in gym activity, complete written assignment, parent notified
 - 3rd Strike=No participation in gym activity, bounce to choice, parent notified.
- All student materials should be left in the breezeway.
 - Cell phones can be left on window ledge.
- Transition to the gym quietly and politely
 - Once students enter the gym, students will begin walking and talking quietly around the cones.
 - Once everyone is ready for PE (dressed appropriately and present), the 3 minute warm-up run will begin.
 - Walking during the warm-up will negatively affect participation grade.
- Bathroom opportunity happens during our 2nd walk after the warm-up.
 - Please do not ask to go before or after this time.
- Water break will occur at the end of class before transition time.
- Use appropriate language, no horseplay/disruptive behavior.

Health Education Expectations:

- Health is every TUESDAY and THURSDAY
- Come prepared
 - Need to have notebook or section for health
 - This notebook should come to class every Tuesday and Thursday
 - Please bring pen or pencil
- Participate in class discussions and activities
- Time is allowed for assignments during class but may need to be completed outside of class, or

Recreation Day

- [Pactolus PE Department Website](http://pactolus-pe.weebly.com) <http://pactolus-pe.weebly.com>

