

**J.E. Cosgriff Memorial Catholic School**  
**Physical Education (4th-8th grade) 2016-2017**

**Mr. Brian McCloud "Mr. B"**

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**I. CLASS GOALS**

- A. Promotion of physical fitness
- B. Sports skill development and improvement
- C. Motor concept development and improvement
- D. Development of positive self-respect and compassion for others
- E. Development of good citizenship/sportsmanship
- F.. Reinforcement of social interaction skills

**II. GRADING (10 possible points/day)**

- A. Productivity (includes proper dress and **active** participation/effort and citizenship)
- B. Academic Mastery (includes sports log for upper grades, journal entries, quizzes for additional points)
- C. Contributions (Enhances community/class learning environment, helps others)
- D. Skill development and improvement
- E. **NO DRESS/CLOTHING LEFT OUT policy:** The first two "no dress" days will result in a deduction of the student's 5 daily participation points. **Each "no dress" will result in a loss of FULL daily participation points (10).** On a "no dress" day, the student can still participate wearing their street clothes if they have proper footwear, but will still lose their participation points.

**III. GENERAL CLASS FORMAT**

- A. Warm-up stretching and flexibility exercises
- B. Cardiovascular and strength conditioning
- C. Skill instruction through demonstration and drills
- D. Game play
- E. Cool down and lesson review

**IV. GENERAL EXPECTATIONS**

- A. Students will be on time for class. Five minutes will be allowed for dressing at the beginning of the period and five minutes at the end.
- B. Listen and Follow Directions the first time they are given.
- C. Students will wear the required physical education uniform. **Proper non-marking, athletic shoes will be worn.** Uniforms are to be laundered at least once a week.
- D. Respect others and equipment.
- E. Students will refrain from horseplay, foul language, vandalism, etc. in the changing room and in the instructional area.
- F. Students will submit a note from a **PHYSICIAN** in the case of extended inability (more than 2 consecutive days) to participate in physical education activities.
- G. Students will **actively participate** in class activities to the best of their ability. This includes attentiveness during discussions and demonstrations.
- H. **Have Fun!**

