

**J.E. Cosgriff Memorial Catholic School**  
**Physical Education (3rd-8th grade) 2017-2018**

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**I. CLASS GOALS**

- A. Promotion of physical activity/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)**

**Participation (5)**

- Active** participation/effort and citizenship
- Enhances community/class learning environment, helps others
- Listens attentively
- Follows directions
- Demonstrates self-control and respectful behavior

**Preparedness (5)**

- Proper dress\*
- Displays appropriate attitude
- Meets daily expectations

**\*NO DRESS policy:** Students will lose no points on their first “no dress” day. **Each “no dress” after that will result in a loss of HALF of their daily preparedness points (5).** 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. If a student does not have proper footwear, they will not be able to participate in PE that day and will need to fill out a worksheet that needs to be signed and returned to me the next time they have PE class.

**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!**

