**Physical Education (3rd-8th grade)**

**2019-2020**

**Mrs. Emily Ellis**

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**I. CLASS GOALS and OBJECTIVES**

THE GOAL OF PHYSICAL EDUCATION is to develop healthy, responsible students who have the knowledge, skills, and motivation to work together in groups, think critically, and participate in a variety of activities that lead to a lifelong healthy lifestyle. During the school year, we will learn and practice motor development, sports skills, safety, self-respect, teamwork and sportsmanship, and good citizenship.

**II. Integrated Sport-Skills Units (Developmentally Appropriate)**

1. Soccer
2. Flag Football
3. Ultimate Frisbee
4. Basketball
5. Volleyball
6. Pickleball, Tennis, Badminton
7. Lacrosse
8. Kickball, softball, baseball
9. Track and Field
10. Fitness techniques, dance, and movement.

**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, self, and equipment.   
E**.** Students will submit a detailed note from a physician or parent**​** ​in the case of inability to participate in physical education activities.   
F. Students will actively​ participate ​in class activities to the best of their ability. This includes attentiveness during discussions and demonstrations.   
G. Have Fun!

**V. GRADING** Citizenship/Conduct grade is based on sportsmanship and respect for others in Physical Education class.

Students earn 10 points per day in Physical Education. Points are based on active effort and participation; as well as being prepared with gym uniforms each session.

If you have any questions about expectations or grading, please contact me at [eellis@cosgriff.org](mailto:eellis@cosgriff.org). I am always happy to meet or discuss any concerns.