**J.E. COSGRIFF MEMORIAL CATHOLIC SCHOOL 2019-2020**

**PHYSICAL EDUCATION**

*Lower Elementary (K-2nd grade)*

**Mrs. Emily Ellis**

**eellis@cosgriff.org**

**Learning Objectives based on Utah Common Core for Physical Education:**

Students will achieve a level of competency in motor skills and movement patterns. Students will apply knowledge to attain efficient movement and performance. Students will understand the components necessary to maintain a healthy level of fitness to support physical activity. Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.

Rules

1. Listen and follow directions
2. Keep all body parts to yourself
3. Respect others and equipment

Positive Consequences

1. Live an active and healthy lifestyle
2. Increase knowledge and related skills
3. Develop personal and social skills

Negative Consequences

1. Verbal Warning
2. Time Out or Penalty Box (Approx. 1-2 min)
3. Principal-Parent notification

**Grading**- Each student may earn 10 points per class time. Using a positive attitude, following gym rules, showing improvement in personal skills and strength merits a full 10 points. My grading system is on a point’s earned/possible basis.

**A THOUGHT TO LIVE BY**

**“Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.” John F. Kennedy.**