

CCMS Physical Education

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Rules and Expectations:

1. Be prepared to participate with sneakers and comfortable clothing.
2. Be an active participant in activities.
3. Be safe and follow directions.
4. Be respectful of classmates, teachers, and equipment.
5. If medically excused, please bring a note from home or doctor (extended medical excuse).
An alternate written assignment will be given.
6. NO gum or food in the gymnasium.
7. Bring a water bottle to class.

Procedures:

1. Enter
2. Attendance
3. Warm-up / Squad spots
4. Teacher Directions
5. Bathroom/Nurse/Etc - Ask teacher, take pass
6. Exiting Gym
7. Fire Drills/Shelter in Place/Lockdown Drills

Grading:

- Students are graded on a rubric and have the opportunity to earn 5 points/daily. See the rubric on the back of this sheet.

Goals:

- Students will improve personal cardio-based fitness scores from September to May.
- Students will demonstrate knowledge of class content.
- Students will interact positively with peers.
- Students will increase sports-related skills.
- Students will increase physical activity beyond the classroom.