

CCMS Physical Education

Mr. St. Lawrence: mstlawrence@cornwallschools.com

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. Sit on your designated spot for attendance.
7. NO gum or food in the gymnasium.
8. Bring a water bottle to class.

Grading:

90% of the grade is based on our Daily Grading Rubric, which includes:

- *Preparedness.* Dress appropriately for class with sneakers and comfortable clothing that is safe and does not restrict movement.
- *Active participation and effort in class.* Students should be giving THEIR best efforts during all warm-up and main activities. We will be participating in a wide variety of physical activities; some they like, others they may not. Regardless of personal preference or prior experience we want to see every student trying to the best of their capabilities.
- *Sportsmanship/Personal behavior.* BE SAFE! Always treat others with respect. Support classmates. Act appropriately in losing and winning outcomes of competition. Play fair, be honest, work hard. Listen carefully when directions are given. Give your full attention when the teacher is speaking and classmates are responding to questions.

10% of the grade may include quizzes that are given to test their cognitive knowledge of the content we are teaching.

Goals:

Some of our annual goals, include, but are not limited to;

- 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.