

Working as a Team to Solve Problems

Introduction

Physical Education is a unique and challenging subject. Physical Education uses physical fitness and physical activities to produce improvements in a person's physical, mental, and emotional qualities. More specifically, Physical Education is concerned with the relationship of the body's physical development to its mind and soul as they are being developed.

Student Expectations & Responsibilities

- Attend class with positive attitude and ready to participate.
- Attend class in the appropriate clothing.
- Attend class with the necessary materials (homework, pencil/pen, etc..).
- Be seated at the designated roll call area by the dress bell (consequence = tardy).
- Complete all class responsibilities and required work.
- Abide by class rule.

Class Rule

Students will **RESPECT** all people and all property, at all times.

Grading

Grades in my class are a reflection of what the student knows and what the student is able to do. All work in Physical Education will have a point value, which will be totaled and converted into a letter grade. Points will be assessed through the following categories:

- Cardiovascular Training
- Strength Training
- Activity Performance
- Responsibility Performance
- Cognitive Performance

Physical Education & Wellness Portfolios

Students are required to have Fitness Portfolios. Students will develop and design a Physical Fitness Portfolio, which demonstrates a dynamic and visual presentation of their knowledge, effort, growth, and achievement of standards. Students are required to have a 1/2 inch "hard bound" binder as well as a "thin" three prong paper folder.

Absences / Make-ups / Late Work

It's the student's responsibility to know what they need to make-up. They can find out what they missed by looking at their grades or asking the instructor. Make-ups are before school 7:45am to 8:15am (Wednesday, Thursday, & Friday) and/or Tuesday & Thursday after school 3:00pm to 3:30pm. Late work will be accepted a day late for half credit. After that, late work will NOT be accepted. It's the student's responsibility to turn all assignments in on time. Due to an excused absence, students may turn work in the day of their return.

Mr. Gragg's Survival Tips

- Students should always demonstrate positive cooperation, positive communication, and positive support.
- Whistle = STOP (freeze), hold equipment and LISTEN.
- Students should always stay quiet and listen while the teacher is giving instructions.
- Wear athletic shoes that tie.
- Shirts need to be tucked in at all times.
- Have the DESIRE TO TRY. If you do not try & participate, you cannot earn credit.
- Remember, everything comes with time and practice.