Physical Education - Covid 19 Syllabus

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of physical activity.

To fulfill a lifetime of physical activity, a physically literate individual:

• Has learned the skills necessary to participate in a variety of physical activities;

• Knows the implications and the benefits of involvement in various types of activities

• Participates in regular physical activity

• Is physically fit

Attendance

Attendance is essential to physical education whether in person or on-line learning is taking place.

Class Preparation

-Sneakers must be worn and laced for class for safety purposes.

-Comfortable clothing should be worn (ex. T-shirts, sweatpants)

-Bring a sweatshirt or comfortable jacket to class as we maybe going outside as the weather allows

General Rules for in person learning

-Masks must be worn at all times

-A minimum of 6 feet between individuals must be maintained at all times

-Food, Candy, Juice are not allowed. Only water in your own personal bottle will be allowed.

- Large Jewelry should not be worn

-Hats and do-rags are not allowed

-Cell Phones and other electronic equipment should not be used unless it is for class purposes .

Medical Excuses

Any student who has a medical situation that prevents them from participating in physical activity should let there teacher know. They should bring in a note or doctor’s note if they need to be excused for an extended period of time. The student should speak to their teacher about an alternate assignment.