

Delta Middle Physical Education



Course Description:

This course is designed to continue to give students the opportunity to gain fitness skills and knowledge through a variety of games and activities. Students will be empowered to make choices, meet challenges, and develop positive behaviors in fitness, wellness and movement activity for a lifetime. This class is for you and the enjoyment of being physically active and learning skills to live a healthy lifestyle.

Objective:

The students will actively participate in a variety of activities that focus on improving their overall health and wellness.

The students will be able to identify the importance of regular exercise and how it affects their overall physical, mental, social, and emotional health.

Rules and Expectations:

- Students are expected to dress appropriately for EVERY class.
- Students are expected to be on time and ACTIVELY PARTICIPATE.
- Students are expected to treat everyone in class with respect. Encourage everyone to do their best and help others improve when possible.
- Students are expected to follow the health and safety plan at all times. (Social distancing, wearing a mask, washing hands, etc.)
- Have Fun!!!!

Grading: Grading will be based on the following categories:

- Behavior & Following Directions
- Participation/Effort/Safety
- Demonstration of Skills
- Sportsmanship

Units: Due to the Health and Safety Plan adopted by the SCASD units will be modified.

- Frisbee Games & Activities
- Net/Wall Games (Tennis, Badminton, Pickleball)
- Choice Activities (Built in throughout the semester)
- Fitness Related Activities

Remote Students: Assignments will be posted on Canvas. Google Meet will be used to connect on your remote days when necessary. A link will be provided on the PE course home page on Canvas.

Contact Information:

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