

COURSE CODE: MMS Physical Education

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2019-2020
Monday-Friday
1 Trimester credit

COURSE DESCRIPTION: We will provide a wide variety of activities for the students. Two to three times a week we will have a fitness workout, which includes such things to improve cardiovascular fitness, flexibility, stability and strength.

PREREQUISITES/COREQUISITES: None

OBJECTIVES: To provide a wide variety of activities for the students. Two to three times a week we will have a fitness workout, which includes such things to improve cardiorespiratory endurance, flexibility, stability and muscular strength. Students will be able to track their growth through various fitness tests given during the school year.

INFORMATIONAL RESOURCES:

Google classroom will be your go to place for handouts and resources from class.

GRADING: Students will be given a weekly grade based on attitude, effort and dressing down. 6th grade students are not required to dress down but are required to have appropriate gym shoes.

COMMUNICATION:

Skyward is where you will find the grades for students. (*Note: you can set Skyward up to email you progress reports and missing assignments so you don't have to go into Skyward to find out how your student is doing)

Progress reports will be emailed to parents on a regular basis. I will try to have all grades updated and in the gradebook no later than midnight on Sundays.

CELL PHONES, COMPUTERS, AND OTHER ELECTRONIC DEVICES: GUM: We have a NO gum policy in the gym. Gum is very difficult to remove from the gym floor and is a potential choking hazard for your student. Cell phones and other electronic devices are not allowed in the gym or locker room. Students may lock their phones in their lockers but at **NO** time may they bring them to class. Unless previous arrangements are made with teachers, students will not be using their phone/electronic devices in the gym or locker room.

