

Physical Education

Seaford Middle School

Course Description:

This course is designed to provide students with a variety of activities and knowledge on different topics regarding to physical activity and health. Our goal is for our students to acquire skills in physical education where they can take with them in to their own lives to endure a physically active and healthy lifestyle for life.

What do you need for this class?

1. Your school issued laptop
2. Clothes for physical activity and Sneakers when active (as done in elementary school)
3. Remind App
4. Microsoft Teams

Student Responsibilities and Rules:

1. Be on time!
2. No Side Conversations!
3. Be prepared for class by having all necessary items.
4. Please make sure you wear your mask at all times unless instructed otherwise.
5. Please do not change seats unless told otherwise.
6. All assignments should be handed in on time!
7. Raise your hand to speak and only speak when called upon.
8. Only ask to use restroom if it is an emergency.
9. Always demonstrate respect for the teacher and your fellow classmates.
10. No negative comments directed towards others or their ideas.
11. Have fun, ask questions, and engage in your education.

Grading Criteria:

All students will start semester with 100%. Grading is based on two categories Effort/Knowledge and Citizenship/Safety.

50% of your grade is based on your **Effort/Knowledge**.

- Students are expected to demonstrate effort when participating in physical activity and in class activities in the classroom.
- Students are expected to demonstrate knowledge in different units taught through out the year. Ex: Class participation, demonstrating yoga/mindfulness, executing golf swing, proper rotation, correctly keep score
- Students can get 0 to 10 points deducted from their grade per class as per teacher discretion, which will be reflected on the parent portal.

50% of your grade is based on **Citizenship/Safety**.

- Students are expected to demonstrate good character and citizenship while participating in physical education.
- Students are expected to follow the Seaford School District Code of Conduct pertaining to Virtual Etiquette.
- Our goal is for our students to feel open and comfortable in our class. Having an open mind, treating each other with respect and taking leadership is an important part of our class.
- Students can get 0 to 10 points deducted from their grade per class as per teacher discretion, which will be reflected on the parent portal

Physical Education is a full year course occurring every other day that counts towards your total grade point average (GPA)

If you need to contact your teacher, please email. Email is checked several times a day and this is the best way to contact your teacher.

Mrs. Klasson's Email: cklasson@seaford.k12.ny.us

Mr. Cerasi's Email: bcerasi@seaford.k12.ny.us

Mr. Dankenbrink's Email: kdankenbrink@seaford.k12.ny.us

Ms. Ancona's Email: kancona@seaford.k12.ny.us

