



PHYSICAL EDUCATION CLASS EXPECTATIONS 2025-2026

Big Idea: How do I live a healthy and balanced life?

Course Goal: Students will understand the relationship between physical fitness / physical activity and living a healthy and balanced lifestyle

Curricular Outcomes: To promote students' personal fitness and encourage their involvement in physical fitness and physical activity, not only during physical education class, but also as an integral part of a healthy lifestyle.

Expectations for PE Class:

- Change into appropriate clothes for physical activity (Sneakers, a change of clothes, deodorant) or Wear PE clothing
- If you are not wearing sneakers when you get to class you will be given an alternate assignment to complete during the class period

- Actively participate fully and to the best of your ability in each activity / lesson
- Using EQUIPMENT appropriately
- Having good sportsmanship/citizenship
- Treating classmates/teachers with respect
- Being able to work cooperatively in a group (small/large)
- Following class/school expectations (cell phone policy)

Inappropriate/Unsafe Footwear for Phys. Ed.

Wearing these shoes in PE will result in loss of points

-OR-

Being denied participation due to safety concerns and earning a 0



Grading (6th grade will receive a Pass/Fail) (Pass 70%+)

Citizenship

20%

- Respecting your teacher and classmates
- Being a positive participant
- Respecting and following the rules of the games / activities

Participation / Prepared**70%**

- Participate in physical activities to the best of your ability
- Being prepared for class with appropriate (athletic clothing) clothing and sneakers
- Positively contributing in class discussions and activities
- Participating in activities and following class rules / expectations

Class Work / HW**10%**

- Handing in completed classwork and or homework assignments
- Remembering your sneakers / change of clothes
- Brining appropriate clothes for our outdoor winter activities

PE Units -

Team Building, Soccer, Fitness, Football, Handball, Tchoukball, Badminton, Pickleball, Snowshoeing and Sledding, Archery, Basketball, Scooter Games, Volleyball, Ping pong, Omnikin, Floor Hockey, Kickball, Tenniball, Tennis, Frisbee, Frisbee Golf, Softball/Baseball, Lifetime Fitness, Outdoor Activities.

Additional PE Activities

HIIT, Yoga, Cardio and Weight Rooms, Flexibility and Stretching, Mindfulness Practice and SEL related activities

Medicals:

- If you have a physical injury that prohibits or limits your physical activity:
- A parent/guardian note or email will be accepted for 1-2 classes after that a note is needed from your physician.

The note must include all days in which you cannot participate or your limitations.