

Physical Education – Academic Expectations

Skills-Based Learning for Lifelong Health and Fitness

To succeed in PE, students are expected to engage academically as well as physically. Our grading and classroom expectations are based on state and national standards, focusing on skill development, fitness knowledge, reflection, and growth.

To succeed in PE:

- Show up prepared and ready to learn every day
- Focus on skill improvement, not perfection
- Reflect on your progress and set personal goals
- Engage in class activities
- Use feedback to grow

Success in PE = Physical Skill + Academic Engagement + Personal Growth

Homework Policy

PE does **not assign daily homework**, but students may be expected to complete:

- Fitness logs
- Written reflections
- Goal-setting forms
- Short skill or health-related research

Quality Expectations:

- Work must show clear effort, complete responses, and alignment with the assignment's goal.
- Submissions must be neat, legible (typed or clearly written), and labeled with student name and date.

Assessment Expectations

- Performance skill assessments (e.g., fitness tests, skill routines)
- Written quizzes or check-ins on vocabulary, fitness concepts, or rules/strategies
- Goal-setting and reflection assignments

Academic Participation Expectations

Participation is graded **not on effort or attitude alone**, but on students' academic engagement and contribution to learning activities.

What This Includes:

- **Skill development:** Demonstrating progress in learned techniques
- **Peer collaboration:** Working productively in group tasks, peer feedback, or team challenges
- **Critical thinking:** Using and explaining strategies, making decisions during games
- **Reflection:** Writing or discussing goals, progress, or fitness knowledge

Late Work & Make-Up Policy – PE Specific

In PE, students are primarily assessed through **active participation** and **skill engagement during class**. Because of this, it's important that students are present and involved each day.

If a Student Misses Class:

- Students must **communicate with the teacher** to discuss the missed day.
- The teacher will assign a **make-up activity**, fitness reflection, or alternative assignment that allows the student to demonstrate the missed learning.
- Make-up work may include a written reflection, a fitness task, or a short check-in about skills or concepts missed.