School Year: 2026–2027
Instructor: Sarah Hanson
Email: sarah.hanson@sanpasqualunion.net
Location: Barn / Outdoor Fields

Course Description

Physical Education (PE) in middle school promotes physical fitness, skill development, and lifelong wellness. Through regular physical activity, students will learn the value of teamwork, perseverance, and personal health. Activities will focus on building coordination, confidence, and a positive attitude toward movement and exercise.

Course Goals

Students will:

- Improve personal fitness through regular participation
- Develop motor skills and coordination
- Demonstrate responsible personal and social behavior
- Learn to work effectively with others in a team setting
- Understand how physical activity contributes to overall well-being

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Grading Policy

Category	Percentage
Participation & Effort	50%
Behavior & Sportmanship	20%
PE Attire	15%
Skill Development	10%
Written Work/ Reflections	5%

Expectations

- **Be prepared**: Arrive on time with proper PE attire (athletic shoes, shorts/sweatpants, and a t-shirt)
- **Be respectful**: Treat classmates, staff, and equipment with respect
- **Be active**: Give your best effort in every activity, regardless of skill level
- **Be safe**: Follow instructions and use equipment appropriately
- **Be responsible**: Make up missed work when absent and follow class procedures

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PE Attire Requirements

- Athletic shoes (closed-toe, no sandals, no crocs)
- Comfortable athletic clothing (no jeans, no strapless tops)

Make-Up Policy

If absent for an excused reason (medical or contract), students must speak with the teacher to complete a make-up assignment or an at-home physical activity log. Unexcused absences may result in a loss of participation points.

Medical Excuse: Parent written notes are accepted for up to **3 DAYS.** A doctor's note must be on file with the school nurse after the **4th day**. An alternative written assignment will be given to students who are medically excused for more than 2 weeks. Each student is responsible for making up the PE day(s) missed.

I have read and understand the PE expectations.

Student Name (Printed) _____ **Parent Signature** _____

Class:_____