



## **Wellness Team Instructors: Mrs. Coshow, Ms. Greif, and Mr. Torseth**

### **Grading**

P.E. grades will be based on proper dress, participating, showing good sportsmanship, and demonstrating best effort to improve fitness. Two and a half points are given daily per area. Therefore, a total of ten daily points is possible.

### **Gymnasium Rules**

- A) FOLLOW DIRECTIONS
- B) NO GUM
- C) NO FOOD OR BEVERAGES IN LOCKER ROOM OR GYM
- D) NO JEWELRY
- E) PRACTICE AND DEMONSTRATE GOOD SPORTSMANSHIP
- F) ATHLETIC/GYM SHOES REQUIRED

### **Illness, Injuries and Excuses:**

Excuses for not participating because of illness or injury will require a note from the parent or guardian describing the nature of the excuse. These notes will be honored for two days, after which a doctor's verification of the illness or injury will be required.

### **Have Fun!**

Parent/Guardian,

Thank you for taking the time to read the information regarding physical education.

**PLEASE FILL OUT GOOGLE FORM ON TEACHER'S WEBSITE TO VERIFY THIS COURSE OUTLINE HAS BEEN READ!!!**