

2022-2023 HKIS PHYSICAL EDUCATION
CLASS EXPECTATIONS AND GRADING PROCEDURES
Mr. Bergantino

Your intermediate school student in Regional School District 17 will participate in physical education through large muscle locomotor movements to form the basic movement patterns used in individual activity and team sports. These movements are the framework intermediate physical education progression, and are performed in a non-competitive, open spaced setting. In addition each student will be taught the benefit of leading a physically active lifestyle. Most importantly, your child will have fun and strive to be their BEST selves throughout the process.

Classes will consist of 3 basic components:

1. Fitness

Your child will learn and apply fitness principles at the beginning of each class. Students will utilize and create different exercises during circuit training to further develop fitness stamina and knowledge.

2. Skill Practice

From throwing to cup-stacking your student will practice many different motor skills and patterns. Students know that practice doesn't always make perfect, but they do know that what and how they practice is usually how they perform.

3. Application

Students will have an opportunity each class to combine their concept and skill knowledge and utilize it in a performance/game setting.

Grading

Each class period your child's progress toward end of trimester grade-level standards in the following areas:

_____ Participation- Students are expected to actively participate in all activities for the duration of each class.

_____ Effort/Attitude- students are expected to exhibit a positive attitude and do their best even when an activity is challenging for them or is not one of their "favorite" activities.

_____ Sportsmanship/teamwork- Students are expected to play fair, be supportive and respectful of their classmates and are positive members of the class.

_____ Responsibility- Students are expected to share the gym safely, take proper care of the equipment and follow physical education class rules.

_____ Dress Code – Students must wear athletic sneakers to participate in class. It is encouraged that students wear athletic clothes to school on their PE day. Heavy and dangly jewelry is not allowed. **Improperly dressed students will not be allowed to participate.**

5. Medical Notes – All medical notes must be cleared through the school nurse prior to the start of class. Parental notes will be an acceptable excuse for one class but a doctor's note is required for multiple absences. Medical notes from doctors should have a date indicating when the child is able to return to class.

Please sign, detach and return this section of the form to Mr. Bergantino

I have read and discussed the HKIS grade Physical Education expectations with my child.

Student Name _____
(please print)

Parent Signature

Preferred Email

Student Signature
