

Grades 5-8

PE Requirements/Expectations:

- Change of shirt and shorts/sweatpants for Tuesday/Thursday (different from what is worn to school).
- Respect classmate's privacy while changing.
- Athletic-style shoes that securely stay on the feet while moving.
- Strongly suggested to keep these in a small nylon sack. Use of stick deodorant, comb/brush acceptable. Body spray use discouraged.
- Hair kept securely out of face for clear vision and safety
- Change clothes within 2-4 minutes, begin posted Instant Activity warm-ups in the gym.
- Participate during class activities, work with a variety of groups in class, provide positive support and feedback to classmates during class activities.
- Trimester grades based on:
 - Instant Activity participation
 - Demonstration of class skills and game tactics
 - Exhibits responsible behavior that respects self and others
- ALL class activities can be MODIFIED to accommodate injuries or illness. When possible, please include what a student CAN do in class vs "No PE." This is especially true for extended injuries or illnesses.

Health Class Requirements –

- Some loose leaf paper, 10-15 pages, (folder will be provided)
- Project-based grading each trimester. Students will receive a handout describing various projects with a point value. Completed projects will include a deadline to receive points. Most projects include hands-on experiences and a written description/reflection by the student. Paper descriptions will be distributed early in the quarter.
- We meet only 1x/week for 30 minutes. Student report card grades are weighted to reflect this low meeting time.

Please feel free to contact me with questions or to share information about your student with me. I am at St. John's all day on Tuesdays, Thursdays and Wednesday afternoons. I look forward to working with our students this school year!

Ms. J. Starks

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Growing in God's Love