

Physical Education

Expectations	All Class	Entering & Leaving Class	Physical Fitness	Skill Work	Game Play
BE Productive	<ul style="list-style-type: none"> *demonstrate initiative and an ambitious work ethic *optimistically aspire to achieve your very best *have the courage and perseverance to overcome challenges *pay attention to detail 	<ul style="list-style-type: none"> *be on time/punctual *be prepared and accountable with all materials (proper clothes, required shoes, iPad, etc.) *check in with teacher *get in and out of the lockerroom ASAP 	<ul style="list-style-type: none"> *personal commitment to improving health *resilient when things are difficult *assume responsibility for personal fitness 	<ul style="list-style-type: none"> *determination and persistence to improve skills *self-discipline to stay on task *ask for help if you are unsure about how to do something *use time wisely 	<ul style="list-style-type: none"> *willingness to collaborate/cooperate *fortitude to overcome adversity *give best effort to be involved
BE Respectful	<ul style="list-style-type: none"> *be an attentive listener *understand and appreciate diversity *have the courage and integrity to “do the right thing” *keep hands and feet to yourself 	<ul style="list-style-type: none"> *demonstrate manners *demonstrate gratitude/appreciation for others *demonstrate benevolence *respect other people’s property 	<ul style="list-style-type: none"> *encourage others to strive towards and achieve their goals *empathetic about individual’s varying fitness levels *help others that are struggling 	<ul style="list-style-type: none"> *share equipment, space, and resources *empathetic about individual’s abilities and challenges *demonstrate trustworthiness *do not sabotage what others are engaged in 	<ul style="list-style-type: none"> *demonstrate good sportsmanship/humility *selflessly include all members of team *demonstrate proper etiquette *fair play *compassionate
Be Safe	<ul style="list-style-type: none"> *be conscientious and aware of surroundings *use all equipment for its intended purpose *get/return all equipment in a safe manner 	<ul style="list-style-type: none"> *walk in the hallways *sit in the bleachers until further instruction *take responsibility for keeping materials in hallway locker, rather than leaving them laying around 	<ul style="list-style-type: none"> *have inhalers *follow directions *ask for help if you are unsure about how to use a piece of equipment (fitness room) 	<ul style="list-style-type: none"> *follow directions *ask for clarification if you are unsure about how use a piece of equipment 	<ul style="list-style-type: none"> *play by rules of the game *resolve disputes and conflicts in a respectful manner