

# Libby Center

# Physical Education

Mr. Fredlund

[Christopherf@spokaneschools.org](mailto:Christopherf@spokaneschools.org)

## Course Overview

The Libby Center Physical Education department designs our classes to practice and develop the skills students need to be fit and healthy throughout a lifetime. All students are valued in our health and fitness classes and we strive to provide each student with the individual instruction needed to increase their skills. Students in our K-8th program will learn how to incorporate physical activity into their daily lives through participation in sport, games, and activities. We believe that students that learn to enjoy being active will continue to be active.

Welcome to Physical Education at the Libby Center! We are very excited to be teaching you this year!

## Course Goals

Our students will:

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

## Required Equipment

Gym shoes- Shoes that are supportive enough to help prevent injury and will not hurt our gym floor. When the weather dictates that students come to school in different shoes please make sure your student brings athletic shoes with them or have them stored in a locker. An example of shoes not good for PE include rain and snow boots, sandal, high heels, and slippers.

## Grading Policy

Students will receive grades for participation in daily activities, assignments, projects, quizzes, and tests. All of these create a grade in Physical Education based on total points.

### Illness/Injury Policy

If you are well enough to come to school but feeling too ill or have an injury that prevents you from participating in PE, bring a note/ email and participate to the best of your modified ability. If you have an injury that prevents you from participating for longer than a week, a doctor's note is required.

### Classroom Rules and Expectations

- Be Safe
- Be Responsible
- Be Respectful
- Be Kind
- Do your Best

In the gym, it is our goal to create an environment where every student feels safe, secure, and successful. We strive to show that every student can experience the joy of learning in Health and fitness. We can only achieve this if we all are working together to promote lifelong health and fitness.

Every student in our class helps create, agrees to, and is responsible for these expectations in order to create the intended environment. To promote positive classroom behavior, incentives include dragon dollars and class rewards. Behaviors that interfere with the learning process or safety will be dealt with sequentially and contextually including Think Times; student teacher conference; assignment of consequences; removal to buddy rooms; Call or email to parent; or an office referral.

**Please sign and show this syllabus to Mr. Fredlund during class the week of September 16<sup>th</sup>-20<sup>th</sup> to receive ten points for this assignment!** Then, keep this syllabus in your binder or safe at home and refer to it as needed throughout the school year.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_