

HJHS Physical Education Syllabus

Teacher: Mr. McBrain

Learning Goals: The student will learn:

- essential body movement skills
- the benefits of physical fitness
- how to develop teamwork, sportsmanship, and cooperation

Physical Education Classroom Expectations

RESPECT:

-Yourself (By working hard and safely every day to improve your fitness level)

-Others (Always encourage, never put down)

-Equipment/Gym (By using it for intended purposes)

Grades for On Campus Learners

Grades will be based on participation and effort. Students that are attending PE in person can receive up to 4 points per day. Students may have points taken off if they choose not to participate fully.

Grades for Remote Learners

Grades will be based on participation and effort. Students that are attending PE remotely will earn a total of 20 points for a given week.

Throughout the school year, we will use different activities. The activities may include workout logs, workout videos, video lessons, video conferences, and more!

We will also have one Zoom Meeting per week. You will receive participation points for completing the activities and taking part in our weekly Zoom meetings.

