

J.E. Cosgriff Memorial Catholic School
Physical Education

Curricula and Programs

1. Utah State Core
2. President's Fitness Challenge (www.presidentschallenge.org)
3. Gold Medal Schools (www.hearthighway.org)
4. SPARK
5. Fitness Gram

Integrated Sport-Skills Units (Developmentally Appropriate)

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| 1. Flag Football | 6. Tennis |
| 2. Ultimate Frisbee/Frisbee Golf | 7. Lacrosse |
| 3. Soccer (Indoor/Outdoor) | 8. Softball/Baseball |
| 4. Basketball | 9. Track and Field |
| 5. Volleyball | 10. Dance and Movement |

Rules

1. Listen and follow directions
2. Keep all body parts to your self
3. Respect other and equipment
4. Be a good Sport
5. Do your best and have FUN!

Positive Consequences

1. Live an active and healthy lifestyle
2. Increase knowledge and related skills
3. Develop personal and social skills

Negative Consequences

1. Verbal Warning
2. Time Out or Penalty Box (Approx. 1-2 min)
3. Referral/Principal-Parent notification

GRADING- Each student will receive 10 points per class time attended. Using a positive attitude, following gym rules, dressing in appropriate clothing, and showing improvement in personal skills and strength merits a full 10 points. Not dressed in gym attire or having inappropriate gym shoes receives a deduction of 5 points. Tardy to class is a deduction of 2 points.

ABSENT- If a student is absent, he/she may make up a possible 9 out of 10 points missed, by exercising at least 120 min. (grades 6-8) or 60 min. (grades 3-5) and writing 3-5 paragraphs about the time, place, type of exercise, and any additional details necessary. Please, remember to have a parent or guardian sign the child's paper at the bottom before handing it in the following PE class. My grading system is on a point's earned/possible basis.