



Health & Fitness October News



MARK YOUR CALENDAR

LEARNING

10/8: No School – Professionals Day

10/20: Secondary Early Release @ 10:35

Fitness

Ultimate Frisbee & Cardio

Students will be able to:

1. Demonstrate development of the forehand and backhand throw.
2. Demonstrate the ability to effectively catch the frisbee when receiving a throw from a partner.
3. Appropriately and correctly participate in the class warm-up activities.
4. Apply offensive and defensive strategy while playing the game of ultimate frisbee.
5. Communicate effectively with teammates (identifying when open, helping teammates move to open passing lanes and encouraging each other)

TEACHER'S NOTE

Power School: Power School is a great program for students and parents to monitor assignments, grades, absences, and tardies. It is important that we are all a contributing member on this team. Please try to check regularly and if you have any questions or concerns then a quick email to my email address below will be great!

Grading Policy: Students receive up to 20 points a day for participation in fitness. All work in health will be completed in the Teams Class Notebook and will be graded and input into PowerSchool. **Any late assignments (completed after the due date closed on Teams) can still be completed as long as there is communication with the parent and student about the reason for it being late. An email should be sent to notify me of completion so I can verify and grade. (please include the class period and assignment name in the subject line of the email)**

Fitness: Make-ups for any day missed is to be logged onto a PE Make-up sheet. They can get them from me or I can e-mail them upon request. Please make sure to indicate the date of the class period missed and what activity the student participated in, otherwise I can't provide credit for something I'm not aware of.

Office Hours: There are no longer office hours, but if a student needs assistance (while absent or on quarantine) or a parent would like to contact me, please e-mail me or give me a call. My planning time is 9:30 – 10:00 am or 11:55 – 12:30 pm.

Please do not hesitate to email me:

jmckeown@psd1.org