

## Physical Education

Teacher – Mr. Borges  
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Philosophy- You will learn to develop sportsmanship while learning a variety of different skills, activities, and sports. You will be exposed to a variety of physical fitness activities. You will have no problem succeeding if you have a good attitude and always give your best effort.

Grades:  
A 93-100%  
A- 90-92%  
B+ 87-89%  
B 83-86%  
B- 80-82%  
C+ 77-79%  
C 73-76%  
C- 70-72%  
D+ 67-69%  
D 63-66%  
D- 60-62%  
F 0-59%

Assignments:  
Sportsmanship 25 %  
Participation 45%  
Dress- 20 %  
Skills Tests/Quizzes/Assignments- 10%

**Sportsmanship:** Every student will be expected to maintain a positive attitude towards other students and teachers. Not complying with a task will hurt your sportsmanship grade.

**Dressing out** - Every student is expected to dress in the standard PE uniform. That includes Shirt, shorts and athletic shoes. Skating shoes and converse styles shoes are not appropriate for PE as they do not offer the proper support. You will need to have athletic type shoe to fully give it your best. Cleats are ok for when we are outside.

**Participation:** Each student will be asked to participate in every activity. If you have a physical condition that prohibits you from participating you will need a note from your doctor. If you have asthma please make sure that you have an inhaler. We will be doing calisthenics and running each day. Each week we will be running the mile and you will have times that you will need to reach.

**Tests/Quizzes-** There will be tests and quizzes over the rules throughout the year. There will also be a final each semester.