

Course: Physical Education

Instructor: Rachel Humphrey

Contact information: rachel.humphrey@fcsofjackson.org

Description of course: PE will focus on developing and implementing skills with physical activity to help students maintain fitness for a lifetime. Classes will have games, activities and exercises to promote flexibility, cardiovascular endurance, muscular strength, and muscular endurance.

Teacher's expectations:

- Follow directions with a good attitude.
- Be prepared with proper tennis shoes and clothing.
- Be respectful of self and others as well as equipment and property of school.
- Keep hands, feet and personal objects to yourself.
- Use appropriate language.
- Participate with effort in all activities.
- Demonstrate a commitment to lessons and activities.
- Display honesty during lesson or activity.
- Display good sportsmanship.
- Lookout for the safety of others.
- Demonstrate an awareness of your body and those around you.
- Have fun!!!

Lesson Plans & Assignments:

- All lesson plans will be posted on MySchoolWorx.
- Students will be graded on their participation and efforts.

Teacher Communication:

MySchoolWorx will be the best way to message me any questions or concerns you may have with PE course.

Supplies:

Tennis shoes

I love fitness!! I'm so excited for another year to teach and share my passion with our FCS students for physical activity.

Sincerely,
Mrs. Rachel Humphrey

