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Physical Education  
Mr. Don Nolan Mr. Ryan Pina

Goals of the Physical Education Program:

* + Help students to think independently and clearly.
  + Promote a desirable attitude toward the resourceful use of leisure time.
  + Develop a spirit of competition, good sportsmanship, and social consciousness which will enable him/her to express his/her individuality and recognize societal values.

Student Attire:

Students must change in the locker rooms into gym shorts or sweats, t-shirt, and sneakers with socks.

**NO JEWELRY IS ALLOWED**

Grading: Students’ grades are based on:

* + - student effort
    - sportsmanship
    - skill level and knowledge of game rules.

Medical Excuses:

* 1. A student may be excused from P.E. by a parent’s note for 1 or 2 days.
  2. A doctor’s note is required for medical excuses for more than 2 days.
  3. Please have the doctor indicate a return date as well.

All students meet 2 times in the 6 day cycle for the entire year.