

Welcome to Middle School PE

Welcome to Market Square Education's Physical Education course.

This class is designed to promote an active and healthy lifestyle through physical activity.



EXPECTATIONS

This independent course has been developed to promote a healthier and more active lifestyle. Students will document aerobic, muscle strengthening and endurance, flexibility and cardiovascular endurance through a variety of activities. Exercises will vary according to each student.

You will be responsible for logging your Physical Activities on the packet provided. These activities must strengthen or tone muscles, increase the cardiovascular system, or build flexibility or stamina. Some examples are: going to the gym, jogging, doing yoga, playing sports. (See page 3 for all acceptable physical activity hours.) In addition, you will write one one-page essay.

After your work is assessed (this generally takes two weeks), you can pick up your grades to take to your school.

If at any time you have questions or concerns about this course please don't hesitate to contact us. This course is designed for you to succeed.

You are responsible for knowing when your work is due. When you signed up for this course you agreed to the "Course Completion Agreement." This stated that you would finish this course by your Completion date. Please look on your Enrollment form, Welcome Letter or contact MSE to find out what the final due date is for your course.

If this course is not completed by your completion date, you will need to either file for an extension or re-enroll, and can resume the course where you left off. Please note that full tuition is required for re-

enrollment.



ASSIGNMENTS

The assignments in this course are designed to create an awareness of a healthy lifestyle and to help you become healthier by trying new exercises and becoming more active.

1. **Activity Log:** You are responsible for logging all your physical activities in the log. Please be certain that your activities are worthy of the credit you are trying to obtain. To pass this class you must complete your activity log. Please see the following log to understand acceptable exercises for this course. If you have ANY question about whether an activity will count, please contact the office BEFORE you log it into your log. (425) 420-1236
2. **Parent/Guardian Sign-off:** Once you have completed all of your activity log we need to hear from your parents that you did, in fact, complete all of the hours you logged. You will not receive credit for your log without parent approval.
3. **Reflection Paper:** This is your final assignment. Please review your activity log. What have you learned about your physical activity this semester? Did anything surprise you? If you play a sport, how was the season? What aspect of the sport was your focus? If you are not particularly athletic, has this course made you more active? If so, will you continue? Why or why not? What did you learn about yourself through this class? Answer these types of questions in a one-page essay and include it with your Physical Activity Log.

GRADING

This course allows you to either choose to take a grade or accept a PASS/FAIL grade, which **MUST** be declared within ten business days of enrollment. Completing the accepted number of hours qualifies you for the grade, but the written assignment is also considered in your final grade.