**PHYSICAL EXPECTATIONS AND RULES FOR MRS. JONES**

HI! And WELCOME BACK! I am excited to start a new school year and am looking forward to getting to know all of you. As we begin the year I thought it would be helpful for you to know what I expect of you as well as what you can expect from me. I encourage you to come and talk to me if you have any questions, concerns or are struggling in any way.

**WHAT YOU CAN EXPECT FROM ME**

* I will be FIRM, FAIR, and CONSISTENT.
* I will be on time and prepared everyday.
* I will teach interesting and new activities.
* I will be available for extra help and questions.
* I will be open to suggestions and discussions.
* I will work hard with you.

**WHAT I EXPECT FROM YOU**

* You will be on time, dressed and prepared.
* You will listen when I am talking.
* You will be a good teammate, and friend…treating others with kindness, and compassion.
* You will have a positive, cooperative attitude and always try to be the best version of yourself daily.

**GRADING SYSTEM**

You will be graded daily on the following with 4,3,2,1 point scale

* EFFORT
* PARTICIAPTION/ATTITUDE/COOPERATION
* DRESS

**DRESS**

You are expected to be dressed in your OLW PE uniform and gym shoes whenever we have PE with your hair tied back. You will lose points if you are not dressed for class.

I want you all to have a FUN, REWARDING and SAFE experience in PE. I want it to be a place where you are not afraid to be pushed outside your comfort zone and make some mistakes along the way. **Let’s work together to get it done!**