

## WELCOME TO PHYSICAL EDUCATION!

Physical education is required for graduation from Ellsworth High School. Two semesters (1 credit) is needed to fulfill this requirement. Weight Training and Advanced Physical Education are two electives that students may choose from during their high school experience. These two electives do not count towards the 1 credit needed for graduation.

### GOALS:

- \*To raise the fitness levels of our students
- \*To provide students with the necessary skills and knowledge of the rules needed to participate in a variety of life-time and team sport activities.
- \*To develop in students a positive attitude toward physical education and the importance of being physically fit.
- \*To develop positive sportsmanship amongst our students

### EXPECTATIONS:

- \*Appropriate dress: t-shirts, shorts, sweatpants, socks and sneakers. NO jewelry
- \*Promptness: be on time for class and change quickly
- \*Participation: take part in all activities to the best of your ability
- \*Cooperation: positive sportsmanship conduct with students and teachers
- \*Responsibility: properly utilize the equipment
- \*Respect: treat each other with respect
- \*Profanity: will not be allowed
- \*Injuries: report to the teacher immediately

Activities that may be offered during physical education: archery, golf, tennis, lacrosse, ultimate frisbee, pickleball, badminton, table tennis, volleyball, weight training, croquet, bowling, shuffleboard, snowshoeing, rollerblading, fencing, fitness activities