



GMA Back to School Night

2021-2022 Health and Physical Education



Health and Physical Education Schedule

- Pre-K: One full P.E. class per 7 day cycle (60 mins.)
- K-8: 1.5 P.E. classes per 7 day cycle (90 mins.), .5 Health classes per 7 day cycle (30 mins.)



Dress Code

- All students should wear their gym uniforms on their P.E. and Health/P.E. days
- Students are permitted to wear their official red GMA P.E. shirt and blue GMA P.E. shorts to school. GMA Spirit Wear is also acceptable.



Mask Policy

- Students will be required to wear masks while indoors
 - Distanced mask breaks will be provided
- Students are permitted to remove masks while exercising outdoors



Medical Excuses

- Doctor's Note: must include dates to be excused. The student must have written clearance from doctor to resume participation in the event of an extended medical absence.
- Parent's Note: student will be excused for that class period.
- *Any student excused from P.E. may NOT participate in athletic events on that day.*



Guidelines/Procedures

- Students will respect themselves, their classmates, and their teacher
- Teamwork and cooperation will be emphasized every class
- Students will be graded on their effort, not their performance
- Students will practice good sportsmanship at all times and in all situations
- Always remember the most important rule: ***HAVE FUN!!***



Grading Policy (4th-8th Grade Only)

Students will receive one of the following grades for their effort and participation during the class.

O (95-100): Outstanding effort and/or technique. Goes above and beyond what is expected in class (Excellent sportsmanship, encourages others, enthusiastic about participation, helps set up and clean up).

VG (88-94): Prepared for class, participates enthusiastically, listens, does what is asked of them.

G (80-87): Prepared/partially prepared for class, actively participates.

S (71-79): Partially prepared and/or shows below average effort in class.

U (<70): Unprepared and/or refuses to participate.

Contact Information

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