



WMES PHYSICAL EDUCATION/HEALTH & FITNESS

Contact Info

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Related Arts Remind: Text to 81010

In the message section enter: @wmesra

<u>Rules & Procedures</u>	<u>Expectations</u>
<p style="text-align: center;">PEACE</p> <p>P-Protect the equipment E-Enter & Exit Quietly A-Attention: Follow Directions the First Time C-Cooperation: Work Well with Others E-Esteem: Respect Others</p>	<ol style="list-style-type: none"> 1. Give your best effort 2. Follow Directions 3. Exhibit listening skills 4. Behave respectfully

PE Topics:

Movement Patterns
Chasing & Fleeing
Fitness
Throwing & Catching
Striking

Health Topics:

Fitness
Personal Health
Nutrition
Human Body Systems
Health Problems

Grading

PE & Health Activities will be graded based on the Related Arts' Grading scale.

E = Excellent (100%-80%)

S = Satisfactory (79%-60%)

U = Unsatisfactory (59% or Below)