PE

Ash High School

monica.nunez@plainviewisd.org

**Be Responsible, Be Respectful, & Be Ready to Learn!**

Foundations of Personal Fitness

**Objective:**  In PE, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically-active lifestyle. Foundations of Personal Fitness, is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The Texas Essential Knowledge and Skills are covered according to 116.52 (Foundations of Personal Fitness).

Grades are based on participation, daily work and weekly assessments.

**PE Grading Policy**

60% Participation

40% Class assignments/Quiz/Test/Class Assessments

9 Weeks/Semester

Supply List: Dress to participate! A locker is provided to change out into workout clothes. (Optional)