



NORTH MONTEREY COUNTY MIDDLE SCHOOL
Physical Education
10301 SEYMOUR St.
CASTROVILLE, CA.

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Physical Education Syllabus 2020/2021 School Year

Dear Phoenix Parents,

Welcome to the N.M.C.M.S. P.E. program. Phoenix P.E. is a rigorous program that is fitness, performance, and standard based. Students will be expected to put forth their best effort in all P.E. activities. Here are a few guidelines to help your child be successful in their physical education class.

This will be a very interesting year considering we are starting the school year with distance learning. The focus of the P.E. program for this school year will simply be for students to get active. Students will have a great deal of time on zoom calls for the other subject areas so it is even more important for utilizing physical activity as a healthy outlet during these times. All students have different strengths, challenges, and needs so I will be committed to creating activities that cater to individuals and their abilities.

Grading

Students will be graded on the effort in which they put forth. I would expect all students to work hard which ultimately benefits their body. As long as they are showing up to the zoom calls, participating and fulfilling the P.E. requirements each week, they will receive a passing grade.

Schedule

P.E. will be done during block 2A. This means that we will meet through zoom on

TUESDAYS and THURSDAYS @ 10:35 and finish around 11:00

After the zoom call, students may be required to have extended activities and may log the activities explaining what they did during the time.

I look forward to supporting our students and helping them gain an appreciation for taking care of their bodies this upcoming year. Let's make it a great year!!!!!!