

Physical Education Syllabus 2025-2026

Coach Ryan & Mrs. K

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Welcome to Trenton-Rosenwald Middle School Physical Education! Our hope is to encourage physical fitness, teamwork, and the development of lifelong healthy habits. Students will participate in a variety of activities that promote cardiovascular fitness, strength, flexibility, and coordination.

Grading:

- Daily Participation 50%
- Skill Improvement 25%
- Teamwork/Sportsmanship 15%
- Fitness Engagement 10%

Expectations

- **Attendance and Punctuality:** Regular attendance and punctuality are essential for progress and success in the course.
- **Active Participation:** Students are expected to actively participate in all activities and give their best effort.
- **Respect and Cooperation:** Students should demonstrate respect for peers, equipment, and the class environment.

Dress:

- You will get sweaty. You have the opportunity to dress out, as long as you keep the locker rooms clean, follow locker room expectations, and are prompt.
- Clothes that you can get sweaty in:
 - Shorts (school length), joggers
 - T-shirts (school appropriate)
 - Tennis shoes (bring a 2nd pair if you don't want your Jordans creased)
 - Deodorant (You're in middle school, wear deo for your B.O.)
 - **NO CROCS or BOOTS**

P.E. Rules:

- No Gum, Food or Drink, except water
- Be Active
- Try something new

We look forward to having a great year of physical activity and learning.

- Coach Ryan & Mrs. K

Student Signature _____

Date _____

Parent Signature _____

Date _____