

WELCOME TO PHYSICAL EDUCATION!

Goals:

- Emphasize fun while increasing students' levels of physical fitness!
- Teach knowledge of rules and strategies when playing a game or activity!
- Emphasize the self-satisfaction of giving the best effort, regardless of winning or losing.
- Promote positive student interactions through physical activity!

Expectations:

- All students will listen and follow Mr. Visbal's directions.
- All students must give their best effort in all activities.
- All students will display a positive attitude while maintaining self-control.
- All students will participate fully in all activities unless parent or doctor gives a written reason. Stay on your feet.
- Don't touch equipment without permission.
- Take care of our gym and equipment.
- For safety, all students must wear shoes and socks!

-Coach Visbal