

**Everything I  
learned in Life  
I learned in P.E.**

Mike Minks  
Bowie Middle School, Irving TX

Play by the *rules*. *Behave* or  
you'll not get to play. Dress  
properly. Lock up your stuff.

Be *polite*. *Warm-up*.

Stretch, Take turns. Share.

Make friends. Tolerate *differ-  
ences* of each other. Con-  
sider the *feelings* of others.

Give everyone a *chance*. Get  
along. Be humble. *Cool  
down*. Cheaters never really  
win. Winners never cheat.

Don't tear up the equipment.

Put stuff back where you got  
it. Show *Sportsmanship*.

Shake hands. Practice to get  
better at anything. Know the  
score.

*Never give up!*

*Try your best always*

and in *all* ways!

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**Medford Public Schools**

McGlynn Middle School  
Mystic Valley Parkway  
Medford, MA 02155

Phone: 781 393-2333  
Physical Education Extension 5330

**MEDFORD  
PUBLIC  
SCHOOLS**



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***PHYSICAL  
EDUCATION  
DEPARTMENT***

*Mrs. Mary Hoarty  
Mr. Ray Dyer*

# *Physical Education*

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Physical Education and Fitness provide students with the opportunity for enjoyment, challenge, self-expression, and social interaction. Through group and partner instruction at the Middle School, students will understand the importance of physical activity as it relates to healthy development. In addition, Physical Education helps develop self-confidence and strengthen one's self-esteem while participating in team sports and individual activities.

To ensure the success of our program the following guidelines will be required:

- Students are required to be prepared for class participation
- Sneakers must be worn and properly laced
- A change of clothing is required for Physical Education
- Clothing should be non-restrictive
- Sweatshirts and sweatpants are appropriate
- Physical Education clothing must be laundered on a weekly basis
- Failure to be properly dressed for participation will result in no credit for that class. This class may not be made up.
- Being unprepared for physical education class 3 times in a term will result in an unsatisfactory grade for that term.
- Excessive absences and excused sessions must be made up
- Class make up sessions will consist of a written assignment or afternoon activity session.

## Grading Policy

Students will receive grades based on preparation, participation and cooperation during class. Their grades will be as follows.

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S - Satisfactory : Student exhibits consistent effort, regular participation and attendance

N - Needs Improvement: The student should improve their consistency in one of the above areas

U - Unsatisfactory: The student is not meeting the class criteria

Our afternoon sessions are on Monday & Tuesdays.

Some of the activities : flag football, soccer, ultimate Frisbee, cardio-vascular testing, basketball, volleyball, gymnastics, floor hockey, wiffleball, fitness, badminton, lacrosse, softball, track & field activities and non-competitive games.

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