

OPJH PHYSICAL EDUCATION INFORMATION

Grading

Every day is worth a possible 100 percentage points. Dressing out is worth 50%, while participation makes up the other 50%.

Note: A student's physical skill is not tested. Students will be graded on effort. As long as they try to do their best of their ability, they will receive full participation points.

PE LOCKERS

Every PE student is encouraged to rent a PE locker. The locker fee is \$5. Students are not permitted to share lockers. Be sure to lock up anything of value and your locker is locked. OPJH staff are not responsible for missing or stolen items.

PE UNIFORMS

Students are required to change into an OPJH PE uniform for class every day. We sell the PE uniform (t-shirt and Shorts) for \$15. An athletic type shoe is also required for class.

No other uniform will be accepted for PE clothes besides the OPJH uniform. These will be on sale starting on the first day of school and will be on sale throughout the school year.

Parents: Please remind your students to bring home their clothes to be washed on a regular basis.

OPJH PE DESCRIPTION

OPJH PE is a great time for the students to get physically active and burn off some steam! We will have organized games and activities for all students to participate in. Activities will include but not limited to Flag Football, Basketball, Soccer, Golf, Ultimate Frisbee, Paddle games, 4 square, bound-ball, softball, Volleyball, dance and aerobics. Also during class the students will be learning important health issues such as caloric intake vs. expenditure, heart disease, obesity, muscular endurance/strength, cardiovascular fitness and much more.

OPJH PE DEPARTMENT (904)336-5975

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