

---

## El Dorado Elementary

Mrs. Stock

7/8 Grade Physical Education, Health

[cstock@stocktonusd.net](mailto:cstock@stocktonusd.net)

# Course Expectations

## OVERVIEW

Physical Education is an integral part of the educational program for all students. It teaches students how their bodies move in a variety of physical activities as well as the health-related benefits of physical activity. (Prevents many diseases) P.E. also helps meet the developmental needs of students. (i.e. confidence, independence, self-control, responsibility, cooperation with others.)

## Distance Learning Schedule

Period 1: 9:00-9:30 am Prep/Office Hours

Period 2: 9:40-10:10 am 8th grade Physical Education

Period 3: 10:20-10:50 am 8th grade Physical Education

Period 4: 11:50-12:20 am 7th grade Physical Education

Period 5: 12:30-1:00pm 7th grade Physical Education

Period 6: 1:10-1:40 pm Nutrition/Health

## Office Hours

9:00-9:30 am, 1:50-2:50pm, email, Class Dojo, by appointment, [cstock@stocktonusd.net](mailto:cstock@stocktonusd.net)

## Grading

Attendance/Participation- 50%

Assignments/ Quiz/Test/Projects-50%

\*\*\*Late work will not be accepted after 1 week. Partial credit will be given for late work.

---

## **Zoom Meeting Expectations**

- 1. Be on time. Log in a few minutes early so you are ready to be let in from the waiting room.**
- 2. Find a spot where you can focus, free from distractions.**
- 3. Be kind. Be courteous. Use nice words when you speak.**
- 4. Dress appropriately. No PJ's please.**
- 5. Use Video if you are comfortable. Stay muted. Click the "raise hand" button and wait for your time to speak.**
- 6. If you wouldn't do it in the classroom, don't do it in the Zoom room.**