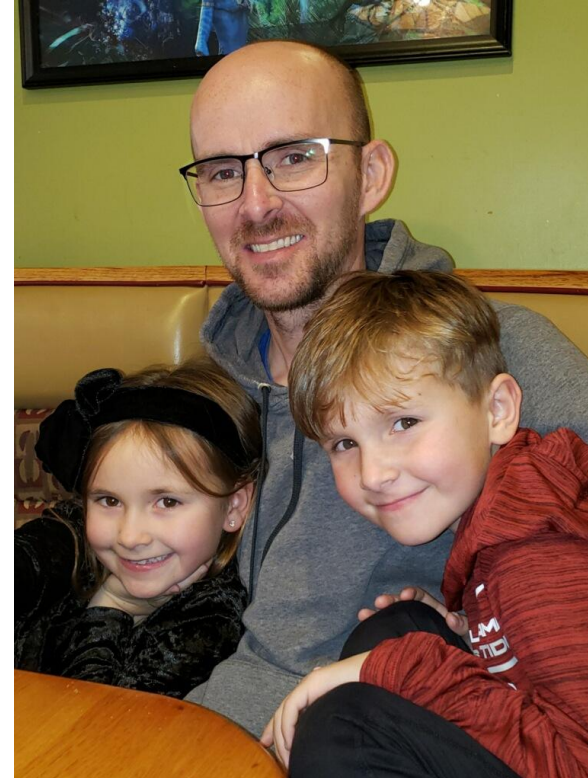


LIFE PE

Coach Martin

Email: cbmartin@madisoncity.k12.al.us



PURPOSE & FOCUS



LIFE PE- Lifelong Individualized Fitness Education

- To Educate & Promote Physical Literacy for a Lifetime of Healthy Living
 - Physical Literacy Involves Having Knowledge, Skills, and Confidence to Enjoy a Lifetime of Healthy Living

COURSE OUTLINE



Mondays: Cardio Monday- Walk

Tuesdays: Fitness workout

Wednesdays: Fitness Workout and/or Game Wednesday

Thursdays: Cardio Thursday

Fridays: Schoology Friday/Assignment Day w/Free Play

Assignments, Articles, Discussions, Videos

GRADING



Online Grading

-Participation- 70%

Cardio Days, Fitness Workouts, Game Activities

Mondays, Tuesdays, Wednesdays, Thursdays

-Online Assignments- 30%

Assignments, Articles, Videos, Discussion

Fridays

*****Grades will be posted on Powerschools**

EXPECTATIONS



- Biggest expectation is PARTICIPATION!
- Complete Your Schoology Assignments!
- Be Respectful To Everyone!

My Schedule & Office Hours

1st Block	Boys Basketball
2nd Block	Life PE
3rd Block	Life PE
4th Block	Life PE

- My Office hours will during 1st Block.
- I will be able to answer any questions via email, calls, or webex meetings.
- Please email ahead of time any questions or concerns you may have.

Contact Info

Feel free to email me anytime cbmartin@madisoncity.k12.al.us
Office Number- 256-772-2547

