

Welcome to Physical Education Class with Mr. Sullwold

Physical Education assists in the total growth and development of each child. In my class, a healthy body can bring a healthy mind. My classes are intended to help the body, mind, and heart by movement.

My K-8 classes are as active as I can make them. They promote physical activity, skill-building, and cardiovascular fitness. My classes also will work on team building and cooperation with teammates and opponents.

I want all the kids to leave my class with a smile on their faces knowing they were successful. I will let the kids know they need to their best with the God-given talents they have.

Grading

All Physical Education classes are graded on the following:

- Effort and Participation in class
- Cooperation with classmates and myself
- Proper Shoes

Mr. Mike Sullwold