

12 Universal Expectations for Physical Education Classes (K to 12)

1. **Respect Yourself/ Respect Others:** Always try your best and participate actively in all activities / Be kind to classmates and teachers; use encouraging words and actions.
2. **Respect Equipment and Space:** Use equipment properly and share space responsibly.
3. **React / Respond to Signals:** When a whistle or signal is sounded, stop activity, turn to the teacher, focus on the teacher, and follow instructions.
4. **Stay focused / Work hard to improve:** No matter if your great at a skill or just learning, do your best to improve and use your time to get better and to be a better team mate.
5. **Move Safely:** Be aware of your surroundings and move carefully at all times to prevent accidents.
6. **Stay in Control:** Be mindful of how you use your body and equipment to avoid accidents. This includes your emotions, when you get worked up, take a break and re-focus.
7. **Show GREAT Sportsmanship / Teamwork:** Demonstrate fabulous sportsmanship by encouraging others and accepting outcomes gracefully. It is not about the win, but about the joy of moving. Rotate team roles to share leadership. Be Positive.
8. **Follow Game Rules:** Understand and follow the rules of each game or activity to ensure fair play and be HONEST about your actions.
9. **Be Ready to Move:** Show up in proper attire, with a positive attitude, and expect to move. Don't act surprised when asked to move and start activities with enthusiasm.
10. **Celebrate Small Wins:** Cheer for yourself and others when learning or achieving something new.
11. **Be Present and Mindful:** Focus on the game or activity, leaving distractions aside. Seek to grow by using feedback and setting goals to improve.
12. **Take Responsibility:** Be accountable for your actions, including when mistakes happen during gameplay and when you do things that help others. Above all, be honest about what happened and use the golden rule as a guide. Treat others as you would like to be treated.

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