

Middle School Physical Education Program

Introduction: In this class you will be exposed to lifelong fitness activities that will benefit your health and well-being. Throughout the year, students will have the opportunity to participate in team sports, recreational activities, cardiovascular endurance training, strength development and flexibility exercises. This Syllabus will provide you with information needed to ensure success in this course. Please read it carefully.

The following information is for **5th and 6th** grade students:

- Students do not have to change out of their regular school cloths to participate in physical education class. However, on days that the student has P.E. class, please wear clothes to school that are easy to move in for activities.
- Students must wear sneakers. Shoes that leave scuffmarks on the gym floor or flip-flops are not permitted.

Excuses: A doctor's excuse is needed to be excused from class. Parental excuses are only accepted during emergencies when a doctor's appointment is not available before the child's next physical education class .Adaptations by the instructor can be made in activity so that a student can participate in class, if doctor approves.

During the swimming unit, two excuses are permitted for girls, if absolutely necessary, during their menstrual period.

Student Expectations: In order to create a positive learning atmosphere, certain behavior is expected. The student expectations are listed below.

- 1.) Come to class prepared everyday- be on time with proper uniform.
- 2.) Be in your spot for attendance immediately after entering the gym- DO NOT touch equipment.
- 3.) Stop what you are doing when you hear the whistle blow- teacher has instructions to give.
- 4.) Act in a safe and respectful manner to the teachers and your peers- there is ZERO tolerance for bullying.
- 5.) Participate to the best of your ability with a positive attitude- have fun while being active.

Grading Criteria:

4 points available each day

4. Student is dressed, actively participates entire class, demonstrates safety, and is respectful to peers, teacher, and equipment.

3. Student is dressed, participates during class time, demonstrates safety, and is respectful to peers, teacher, and equipment.

2. Student is dressed, participates minimally, demonstrates safety, and is respectful to peers, teacher, and equipment.

1. Student is NOT dressed, participates minimally, is safe, and is respectful to peers, teacher, and equipment.

0. Student is NOT dressed, does not participate, disrupts class and is not respectful to peers, teacher, and equipment.

The highest point value a student can receive is a 1 if they do NOT dress.

Strive for Success: *Model appropriate behaviors
 *Always put forth your best effort
 *Turn in assignments complete and on time
 *Come to class on time and prepared

Observe Safety: * Keep your area clean
 *Use materials appropriately

Act with Integrity: *Be honest

*Take responsibility for your actions

Respect All:

*Show tolerance

*Listen and respond to others appropriately