

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 **7th and 8th** grade students:

- Students must change clothes for P.E. class. Each student will be given a gym locker and time at the beginning and end of class to change. The clothes may NOT be the clothes being worn for the rest of the day.
- Appropriate clothing would be athletic shorts with no buttons or zippers (for safety reasons) or sweatpants, t-shirts or sweatshirts that cover the midsection and stay at waistline when arms are raised above your head, socks, and sneakers.
- Students must wear sneakers. Shoes that leave scuffmarks on the gym floor or flip-flops are not permitted.
- Students that do not dress properly will receive a no-suit and zero for that day.

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.

Board policy #215- To be promoted to the next grade level, 7th and 8th grade students must pass ALL core subjects and Physical Education for the school year or attend summer school to fulfill promotion requirements.

SOAR Instructional Area Expectations

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