

Middle School Physical Education Syllabus

GOALS

- Provide a developmentally appropriate and comprehensive experience through exposure to a wide variety of activities and quality instruction at all levels.
- Recognize that participation in health and physical education can lead to an understanding and appreciation of diversity.
- Provide for the development of effective and efficient fundamental motor skills.
- Promote the acquisition of skills and beliefs needed to pursue a lifetime of involvement in physical activity and healthful decision-making.
- Promote an understanding of the relationship between physical activity and life-long health, and assume responsibility for personal health.
- Provide an environment which is safe and conducive to self-expression, enjoyment and creativity.
- Promote the relationship between health and physical education, school, community and life through an interdisciplinary approach to instruction where appropriate.

Physical Education Units: *Units are approximately 3 weeks in total.*

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Volleyball	Recreational Games	*Dance	Wiffle Ball
Ultimate Frisbee	Hockey	Basketball	Handball
Pickleball	Flag Football	Lacrosse	Track/Soccer

Grading:

50% Major: Students receive daily participation points. 20 points are earned every day totaling 100 per week. Teachers will record earned participation points throughout the week and will input weekly participation grade into Infinite Campus. Students must meet all expectations to earn all points for the day.

***Not dressed:** cannot participate and will lose 20 points.

Injured: must complete an alternative assignment.

***if a student cannot participate due to injury a parent note is needed -- longer than three days a student must provide a doctor's note.**

Not meet expectations: May lose the privilege to participate and lose points (up to coach).

40% Minor: An assignment or assessment that measures an individual standard or subset of standards/skills within a unit and/or when there is a small amount of dedicated instructional time devoted to the content being assessed.

10% Practice: Observations, and/or engagement activities given in class or for homework given to students to build and/or remediate skills.

Class Expectations:

1. Get dressed out and use the restroom in locker room in a timely manner.
Students are expected to dress out in their school uniform with the appropriate clothing.
If students forget their clothes in their locker or at home, they have 3 options.
 - A. Not participate
 - B. Purchase new clothes online: \$15 shirt and \$15 shorts
 - C. Participate for ½ credit when wearing athletic shoes with laces (max 1x per 9 weeks)
2. Once dressed out students must go to the gym where they can get water and walk and talk with friends -- keeping their hands to themselves and not touching equipment.
3. Students will be asked to go to roll call in a timely manner and complete the warm-up.
4. Students are expected to participate during the entire class period.
 - Students who put forth the effort will develop the skills needed to do well in class.
 - Students must exhibit a positive attitude and good behavior every day.
 - Respect for teachers, classmates, and self is required.
 - Students will be introduced to new games and skills. Everyone is on different levels. Bullying and humiliation, abuse or harassment will NOT be tolerated!
 - Students must show good character and act appropriately at all times to receive full credit. If needed, students will be redirected to a safe seat. If students are disrespectful, they may receive an alternative assignment and a consequence.
5. Approximately 3-5 minutes will be given to dress back in. Students may get water before they enter the locker room. Once they enter the locker room to change, they may not leave until the bell.
6. Cell phones and devices should always be AWAY in the locker room.

Lockers:

1. Lockers will be given out during the first week students have P.E.
2. Lockers are to be used to store gym clothes and valuables (devices, earbuds, clothes, shoes, pencil pouch).
3. A lock will be provided by the P.E. department. The students are responsible for keeping this lock on at all times. If it is lost, a new lock must be purchased online.
4. In the past, locks disappear and stuff is stolen/borrowed because students do not lock the locker. It is very important that lockers are locked at all times. It is also important that students do not give out their combination to anyone.

Uniform:

1. Uniforms consist of the Autrey Mill PE Shirt and Autrey Mill PE Shorts with athletic shoes (laces)
2. Lost/additional uniforms can be bought online ONLY and picked up when they arrive to their PE class
\$15 shirt
\$15 shorts
3. Students should take home their uniform at least weekly to be washed.
4. Students should have their names on their uniforms
5. Athletic shoes must have laces (NO Vans, boots, heels, Ugz, boat shoes, Crocs, sandals, Wallibees)