Middle School P.E. Syllabus

Welcome to MS P.E. Greater Expecatations, and more opportunities. We will be focusing on the Developmental Assets this year along with more fitness options.

P. E and Health Units for Middle School

Can include but not limited to:

* Archery
* Fitness
* Volleyball
* Basketball
* Pickleball
* Badminton
* Dance, Dance Revolution
* Yoga
* Zumba
* Cross country skiing
* Snowshoeing
* Team Building
* Health
* Nutrition
* Developmental Assets
* Bocce Ball
* In-line Skating
* International Games

P.E. Uniforms

All middle school students are required to change into P.E. uniform for ***EVERY*** P.E. class! If you choose to not wear your uniform, you will have 2 points taken off your daily grade. This will make a big impact on your grade. I have had students fail P.E. just because they chose to not wear their uniform. You will be given a locker and a lock. It is your responsibility to use your locker, lock you’re your equipment in your locker for each class. If you forget your locker combination, I will have it written down for you and you can check with me. Many students claim to have their uniform stolen and this comes from not locking their clothes in their locker and from leaving clothes on the floor. These items are your responsibility. Your uniform ***MUST HAVE*** your first initial and last name on the shorts and shirt. The best place to put that is on the collar of the shirt and the box on the shorts. If you P.E. uniforms are left in the locker room, I can return them to you if your name is on it!

Classroom Expectations

* Be to class on time.
* Be helpful to others.
* Always do your best.
* Support others so that they can do their best.
* When music stops or whistle blows, stop what you are doing and listen to the next set of directions.
* Play with safety in mind.
* If something is broken or out of place, let me know so that I can repair or replace it.

Classroom Routines

* Be to class on time. I close and lock the door after 3 minutes. If the door is closed and locked, you will be required to go to the office to get a pass to be in my classroom.
* Change, use rest room in locker room, and get drink in 3 minutes at the beginning of class and at the end of class.
* Put on pedometer you are assigned.
* Read white board for number of laps to warm up.
* Warm ups are run by a leader each day. Warm ups include: jumping jacks, sit ups, push ups, mountain climbers and stretches.
* Listen while directions are being given.
* Participate in the days activity.
* When whistle blows at the end of class, import your data from your pedometer, put it away in the proper number and go to the locker room and change. 3-4 minutes to complete all of this.
* Wait in front of the bleachers until you are dismissed.

Locker room Behavior / Expectations

* Go directly to your locker.
* Change into P.E. uniform and put your regular clothes in your locker and lock.
* Use the restroom if needed.
* Only use your equipment. Do not use or take anyone else’s items.
* Be finished in the locker room in 2-3 minutes.
* If the locker room is too loud, I will come in to take care of that issue!
* If locker room noise and misbehavior is a continuous problem, an adult will be assigned to wait in the locker room while you are changing.

P.E. Makeup work

If you are absent for any reason in P.E., (ex. – ortho appointment, out of town, games, illness, etc.) you are expected to make up your P.E. time with 30 minutes for each class you miss. You can make up this time with activities like swimming, running, walking with your parents, skiing, kayaking, mountain biking, hauling wood, Zumba, etc. You will also have to fill out the P.E. make up sheets and turn them in. For any day missed you will have a “0” in Infinite campus until I received the filled sheets. The sheets are located on the shelving unit by the girls locker room.

Parent contact – Remind

Your parents will be able to sign up for communications about what is happening in Middle School P.E. on Remind. The address is:

<https://www.remind.com>

I will be using this site to inform them about the 40 Developmental Assets, what is happening in P.E., any special reminders, etc. Your parents can go to the website above and sign in as a parent for CheqMS.

Safety Procedures

Fire Drill

Soft Lock Down

Hard Lock Down

Tornado Drill

Grading

60% - Daily Grade = You have a total of 5 points for each day that you begin with each day. You get to keep all your points if you: Change quickly, listen to directions, follow directions, actively participate to the best of your ability, encourage others, and help others. If you choose to not choose to follow the above activities, you will loose points.

40% - Tests and Projects = You will have grades for skill testing, written tests and projects throughout the year.