

# LEHIGHTON AREA MIDDLE SCHOOL

## Mrs. Quinn – 8<sup>TH</sup> GRADE

Course Name:

Physical Education

Course Description:

This course will enable the student to actively participate in a variety of different sports and physical conditioning. The pupil will be able to recognize the importance of daily stretching and exercise. Emphasis is placed on sportsmanship, teamwork, and improving one's cardiovascular fitness.

**WE WILL BE GOING OUTSIDE AS MUCH AS POSSIBLE. PLEASE BE DRESSED FOR THE WEATHER!**

Course Objectives:

1. Identify current physical fitness level and set goals to improve.
2. Participate in a variety of physical activities.
3. Examine the rules and techniques used to participate in various sports.
4. Identify skills to enhance self-esteem, learn creative problem solving, reduce stress and anxiety.
5. Review and practice procedures to use to make healthy choices and examine personal safety.

Course Content and Time Frame:

Students will have class every day for 90 days.

**Students are encouraged to bring a  
WATER BOTTLE for class since they will  
not be able to use the water fountains at any time.**

Required Materials:

Attire: Students will not use the locker room this year.

**Students need to wear laced up sneakers for Physical Education class!**

Please be dressed to move, you may bring a change of shoes to class.

**STUDENTS MUST HAVE THEIR SNEAKERS LACED AND TIED FOR CLASS!!!!**

Grade Components/Assessments:

Class Participation

Participation in class

Warm up/Cool Down

Physical Education Uniform

Wearing SNEAKERS, appropriate attire to move

Sportsmanship/Teamwork

Participates using good teamwork

Understands and demonstrates good sportsmanship

Tests/Quizzes

Tests/Quizzes found in CANVAS on various activities and sports covered in class.

Physical Fitness test scores

Skills tests

## Quizzes & Assignments;

Quizzes and Assignments will be completed online in CANVAS. Due dates will be found in CANVAS.

## Virtual & Canvas

**At any time throughout the school year where we would have to go online for class, we will be using Canvas for assignments. Please make yourself aware of how Canvas operates. Log in and checkout your assignment for PE.**

## PE & COVID Procedures

1. Mask must be worn at all times in the building!
2. Mask may be removed once outside (may change with mandates or school safety plans)
3. Students will not change in the locker room.
4. Students are encouraged to bring their own water bottle for class. Students cannot use fountains in the building so not drink all your water before class or have a separate one for PE.
5. Students will sanitize their hands upon entering the gym and exiting the gym for class. Hand sanitizers have been placed on the wall outside the gym.
6. When students return to the building upon entering students will use hand sanitizer located right inside the door at main entrance.
7. We will be using equipment during PE class. That equipment will be disinfected before, after, and periodically during the class period.
8. For some activities students will wear pinnies. Each class will have their own set of pinnies to wear. Pinnies will be washed daily.
9. All PE classes will only use the bathroom located by the cafeteria