

Eudora 8th Grade Health/Physical Education Syllabus

Coach Tegtmeier mitchelltegtmeier@eudoraschools.org 785-542-4960

Health Course Description:

This course is designed to promote student learning with regard to health issues, that affect their immediate and long-term health. Maintaining a healthy way of living requires a balance of physical, mental-emotional, and social well-being. Health education provides students with knowledge of skills necessary to confront health-related issues and make a smooth transition from puberty to adolescence.

Physical Education Philosophy:

Physical Education is an important part of the total educational program. Students participate in physical activities that allow them to develop an understanding of the physical abilities of themselves and others. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged.

The total development of students is the goal of the educational system. Physical Education is a vital part in reaching this goal. A variety of activities are incorporated into the physical education program, from creative movement to lifetime sports. All students have the need, and right, to enjoy the benefits of physical activity!

Health Class Expectations:

1. Enter the library quietly and respectfully, and begin your Bell Work
2. Be in your assigned seat, and ready to work when the tardy bell rings
3. Bring paper/pencils and chromebook to every class
4. Actively participate in class
5. Raise your hand to be called upon
6. Turn in any assignments on time (all Health Homework is due on Fridays!)
7. Make up any late work
8. **Bring a positive attitude and have fun!!!**

PE Class Expectations:

1. PE Dress out: Students are expected to dress out with the appropriate clothing every class period. Kids are strongly encouraged to change into PE clothes and shoes for hygiene purposes.
 - a. **Appropriate clothing: tennis shoes (tied up), socks, t-shirt (with sleeves, and school appropriate) and mesh or cotton gym shorts. Sweats or other athletic apparel may be also be worn when needed. We will be outside A LOT!**
 - b. A back-up pair of shoes/shoes is strongly recommended.
 - c. 5 minutes will be given at the beginning of class to dress out, and 5 minutes at the end to dress back in.
 - d. Jewelry/accessories will be tolerated at teacher discretion.
 - e. SHOWERS ARE ENCOURAGED FOR HYGIENE PURPOSES, but are not mandatory.
2. Students are expected to **participate** during the entire class period to earn their 5 points.
 - a. Students who participate will develop the skills and knowledge to do well in class.
 - b. PE participation grades will be based on the rubric given to students
3. Take care of all assigned papers, quizzes, tests etc.
4. **Bring a positive attitude and have fun!!!**

Health Lessons:

- a. Health units are based upon curriculum and standards set by the state. All lessons focus on making healthy choices, nutrition, personal hygiene and wellness, CPR/First Aid, and preventive measures to take to stay healthy.

Physical Education Units:

- b. 8th Grade Physical Education will be a combination of the previous Physical Training curriculum, as well as individual and team sports. We will be outside often!

Lockers:

1. Lockers will be given out during the first week of school.
2. **The student is responsible for all items in his locker, and he/she needs to keep it LOCKED!!!**
3. Lockers are to be used to store gym clothes and accessories only.
4. 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 fee of \$5.00 will be assessed.
5. **It is very important that lockers are locked at all times.** It is also important that you do not give out your combination to anyone. We will need a few kids to share again this year due to larger class sizes.

Grading:

1. PE Daily points: 5 points are earned every day. Daily points are graded upon attached rubric.
 - c. Students must be present and meet all expectations to earn points for the day.

Possible point deductions include, but are not limited to:

- Improper footwear.
 - Unexcused attendance tardy
 - Breaking expectations intentionally
 - Reduced effort during activity
 - Disrespect of teacher, student, equipment, facilities
 - Performing unsafe acts
 - Displaying or voicing obscenities (inappropriate comments or gestures).
2. PE Tests/Quizzes
 - a. Students may be taking quizzes/tests over material covered in PE class
 3. Health Points:
 - d. Issued for Bell Ringers, daily assignments, quizzes, tests, participation, and more.
 - e. Quizzes/Tests/ Projects: Will cover recent material being discussed in class.

Doctor's Notes

1. Students will be required to dress and participate every day, unless they have a doctor's note. **Students will not be able to return to class until they have a signed, legal doctor's note clearing them to once again participate.**
2. **A parent note DOES NOT excuse a child from participation.**

Make-up work: (also posted in Google classroom)

1. Tests/Quizzes:
 - The student must make an appointment with the teacher to make up the missed test. (Before school, after school, or during SOAR).
2. Daily Points: Students who are absent for daily activities.
 - The student has the option of making up PE participation points with a hand written paper or they may come in before school to make up a workout.

Paper: We have created a PE make up worksheet that will need to be completed. These can be found in the gym, as well as in your Google Classroom.

Physical make up: The student must make an appointment with teacher outside of class time and complete an assigned workout. This could be done before school in the gym, after school at running club, in the bike lab, etc. Students will have ONE WEEK to get the workout made up!! Anything not done after one week of absence WILL BE A ZERO.

Late Work:

- The EMS late work policy can be found in your handbook/planner
- All PE workouts (or papers) must be made up within one week of returning to school

See Student Handbook for any and all other EMS policies (located on Eudora Schools Website)

Cut here and return to Mr. Tegtmeier

Please read through the syllabus and, sign, and return to Mr. Tegtmeier. This will be the first assignment for the year. PARENTS: PLEASE EMAIL ME WITH ANY QUESTIONS, COMMENTS, CONCERNS. I am excited to work with your kids this year! We are going to have a lot of fun, and learn a lot along the way!

PE/Health Class Period: _____

Student _____ Parent/Guardian _____

Parent email _____ Emergency contact number _____

Anything health related that I should know about your son/daughter (vision, asthma, allergies, etc.):

Category	0-2 POINTS	2-3 POINTS	3-4 POINTS	5 POINTS
Readiness to Participate	-Tardy -Missing all P.E. Clothes -Disrupting others -Will not listen during instructions and excessive talking	-Tardy -Missing part of outfit <u>i.e.</u> improper shoes -Student is disruptive -Repeated talking during instructions and has to be reminded multiple times	-On Time -Full P.E. attire -Student is not disrupting others -Talking during instruction and has to be reminded to listen	-On Time -Full P.E. attire -Not disrupting others -Listening attentively during instructions (Not talking)
*Students will be expected to be ready to participate on a daily basis. Point deductions are outlined in the syllabus.				
Physical Participation	-Infrequently participates in a variety of physical activities -Avoids participation, excessive socialization, off task, interferes with others learning, displays poor attitude towards activity	-Participation is moderate -Needs some reminders to participate -Puts forth minimal effort -Contributes little to team play -Not working hard -Reminded to stay on task repeatedly	-Regularly participates in all physical activities -Displays quality movement during game play -Stay on task for most of the activity -Has to be reminded to stay on task or participate	-Always participates during physical activities -Gives top effort -Models high level of participation. -self motivated -Trying to make personal gains i.e. improve physical fitness, improve skills
Initiative	-Unwilling to try new activities	-Sometimes tries new activities -Complains when new activities are introduced	-Regularly attempts new activities with good energy and attitude	-Always willing to try new activities with great energy and top effort
Effort	-Displays no effort -Off task not doing what is expected of class -Disrupting others	-Multiple reminders to put forth more effort -Going through the motions -Not engaged in activity and needs reminders -Not trying to work hard -Sometimes off task and distracts others	-Positive effort but works below their ability -Stays on task -Displays quality movement during activities -Consistent effort -Stays on task	-Puts forth full effort during activity -Strives for personal best -Tries to improve fitness level or skills -Encourages others -Stays on task
Respect and support for others	-Interrupts teacher when talking -Abuses Equipment -Disrespects others -Does not accept different abilities -Disrespects safety rules -Refuses to stay on task	-Multiple reminders to listen and follow directions, use equipment properly, and stay on task -Has a hard time accepting others with different abilities -Makes negative comments towards others -Doesn't work well with fellow classmates	-Participates well with others and has few arguments/disputes with other students -Follows directions with very few reminders -Uses equip. appropriately -Accepts others with different abilities -Respects fellow students	-Respectful of ALL classmate -Supportive of all students in class -Encourages fellow students and helps others -Positive attitude towards others -Treats equipment with care -Follows ALL rules -Models self-control -Accepts others
Safety	-A danger to others and self -Constantly uses equipment improperly -Ignores safety rules	-Needs constant reminders to follow safety rules -Sometimes uses equipment improperly	-Needs few reminders of safety rules -Rarely uses equipment improperly	-Follows all safety rules -Does not put others or self in danger -Always uses equip. properly
Skill Development and Knowledge	-Student shows zero effort in improving skills -Student displays zero knowledge	-Students tries to improve skills but doesn't put forth full effort -Student displays minimal knowledge of activity	-Student wants to improve and gives a positive effort -Doesn't give up -Displays sufficient knowledge	-Student puts forth full effort in improving -Helps others -Displays excellent knowledge of activity
*Students will start at level 5 POINTS everyday. Students will be bumped down a level depending on their behavior for that day. Bumping down a level depends on the severity of an incident as well as the frequency of an issue and will be determined by the instructor. Dress out, participate, bring a positive attitude, be a good teammate, and HAVE FUN!!				