

Physical Education Class Procedures & Rules

Welcome to physical education class. It is our hope that this class will help you learn more about yourself by teaching you how to take care of your body, both now and throughout your lifetime, and have some fun doing it.

Every grade level will have 12 weeks of physical education class. Depending on the electives you choose, you may have an additional 12 weeks of physical education class. Activities will include daily warm-up exercises, cardiovascular fitness days, sport activities and written work. Key factors in completing this exercise successfully are participation, effort and attitude.

Staff Members:

Mrs. Berwald 7th 8th Physical Education and Adapted Physical Education

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Mr. Batchelder 6th, 7th, 8th Health and Physical Education

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Procedures:

1. Uniform
 - a. Loose fitting above the knee length shorts, t-shirts, tennis shoes, socks
 - i. May not wear clothes worn to school that day
 - ii. If clothes are forgotten, you will be given a “no dress” in the grade book, you will still participate once an RTP plan is filled out
 - iii. No dangling jewelry or watches
 - iv. No street shoes or flip flops
 - v. No tank tops
 - b. Locker-room before class
 - i. Change into gym clothes
 - ii. Lock up belongings
 - iii. Walk into the gym and sit in attendance squad
 - c. Gym
 - i. Sit in attendance squad
 1. Take attendance
 2. Warm-Ups
 3. Daily activity
 4. Dismissal to locker-room
 - d. Locker-room after class
 - i. Change into school clothes (no gym clothes allowed back to class, unless in a bag)
 - ii. Lock locker
 - iii. Wait in the locker-room until dismissed by teacher

Basic Rules:

- Be on time (5 minute rule)
- Be respectful to other people
- Don't touch equipment (unless instructed by the teacher)
- Give your best effort
- Follow directions

Doctors Notes:

The physical education department has a rule about non-participation due to parent or doctor notes. A parent note will only allow for one day of non-participation in gym class. If the student can participate on a limited basis the teacher will suggest what he/she should or shouldn't do. A doctor note will be followed by all teachers. If you are getting or in need of a doctor note, please be sure to have the doctor write specifically what the student can/cannot do.

Grading System:

Everyone starts out with an "A" in physical education class. Your grade will be based on a point reduction system. Approximately 80% of your grade is based on participation, 10% written work, study guides/Cornell notes and test, and 10% skills tests. Student will receive 10 points daily. Each test will be worth 50 points.

Point Reduction System:

- Dressing/Being Prepared 2 points
- Tardiness 2 points
- Warm Up Participation 2 points
- Following Directions 2 points
- Best Effort 2 points

** A teacher reserves the right to decide if a students' behavior and actions deserve additional points reduced.

Class Descriptions:

Team Sports I:

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course. Activities in this course will include, but are not limited to the following: *Basketball and Volleyball*.

Team Sports II:

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The

integration of fitness concepts throughout the content is critical to the success of this course. Activities in this course will include, but are not limited to the following: *Football, Soccer and Ultimate Frisbee.*

Team Sports III:

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course. Activities in this course will include, but are not limited to the following: *Baseball, Kickball and Softball.*

Weight Training and Fitness:

The purpose of this course is to provide students with the knowledge, skills and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill related components of fitness which are critical for students' success. Activities in this course may include, but are not limited to the following: *Goal Setting, Weight Training, Fitness/Wellness concepts, Wellness Center equipment.*

I have read and understand the class procedures and rules above.

Student's Name _____ Grade: _____

Parent's Signature _____ Date: _____