

# ***Middle School Physical Education Syllabus***

## **Course Information:**

- Course Title: Middle School Physical Education
- Teacher's Name: Mrs. Thomson
- Room Number: Main Gym
- Contact Information: [kthomson@denverchristian.org](mailto:kthomson@denverchristian.org) 303-763-7991

***Deep Hope: My deep hope is for every student to learn how to be fit to serve so that they are able and ready for everything that God calls them to physically and spiritually.***

## **Course Description:**

- The main purpose of our physical education class is for students to learn to live out the love of Jesus with their whole selves - body, mind and spirit. They will be guided into being physically active for their lifetime. Students will participate in both individualized instruction and cooperative learning opportunities in regards to sports and exercise. Students will train to be free from body obsession and neglect and move toward health and wholeness found in Jesus. Students will do this through participating as team players, critical and independent thinkers, problem-solvers and active life-long learners.
- Key verse: Mark 12:28-31 "One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer he asked him, "Of all the Commandments which is the most important?" "The most important one," answered Jesus, "is this here O Israel the Lord Our God ,the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this love your neighbor as yourself. There is no commandment greater than these."

## **Materials:**

- Athletic tennis shoes that tie/secure and stay on the feet (pro tip: keep a pair in your locker for backup)
- Water bottle (optional)

## **Canvas:**

- You will be able to see the points earned for participation in PE weekly
- You can find the fitness assessment card that we use

## **Grading Policy:**

- Homework - [Link to policy in handbook](#)
- Students earn 10 points daily for coming prepared (athletic shoes) and participating respectfully in class.
- Students earn 50 points for the completion of each fitness evaluation done at the start and end of the semester.

## **Classroom Rules and Expectations:**

- Students wear proper athletic tennis shoes.
- Students come into class on time and begin with our instant activity for the day.
- Students engage with the biblical intention for the day.
- Students respectfully participate in the planned activities for the day.
- Students choose to work together when paired up and placed on teams.
- Students give their best effort in each activity.

**Course Schedule:**

- Throughout the year we will:
  - ❖ Develop sportsmanship, leadership skills and teamwork building
  - ❖ Study the elements of Fitness- Flexibility, Muscular Strength, Muscle Endurance, and Aerobic Capacity
  - ❖ Improve physical fitness levels
  - ❖ Develop lifelong health and fitness habits and goals
  - ❖ Build character and social-emotional responsibility
  - ❖ Have Fun!
- We will be covering:
  - ❖ cooperative games
  - ❖ fitness evaluations and goal setting
  - ❖ football
  - ❖ volleyball
  - ❖ badminton
  - ❖ pickleball
  - ❖ basketball
  - ❖ soccer
  - ❖ wiffleball
  - ❖ fit to serve service project
  - ❖ create your own game (group project)
  - ❖ tennis
  - ❖ tumbling
  - ❖ track & field

**Communication:**

- The best way to contact me is by email at [kthomson@denverchristian.org](mailto:kthomson@denverchristian.org)
- You can also call and leave me a message at 303-763-7991

You made it!! Thank you for reading all the way through!  
 Reward: [Send me your favorite worship song for our PE playlist!](#)