

Elwood Middle School

Department of Physical Education

Staff: Mr. T Brocking Mr. D. Szokoli Mrs. M. Klein

1. Physical Education Objectives:

The Elwood Middle School Physical Education program is a co-educational program dealing with a sequential pattern of skill development that encourages the enhancement of physical fitness through both team and individual activities. It is our objective to teach students the importance of a healthy body through physical fitness for a healthy lifestyle.

2. Grading

Students will be graded on a numerical system in the following 5 categories: Attendance, Preparation, Participation and Effort, Content Knowledge, and Sporting Behavior.

A. Attendance-Students are required to attend all regularly scheduled classes on a consistent basis. Absences exceeding five (5) in any marking quarter reduces the student's grade to a failure unless an arrangement to make-up work is made with the instructor.

B. Preparation- Since physical education denotes physical activity, it is important for each student to prepare themselves appropriately for their own welfare and safety, as well as that of other students. It is suggested that the gym wear be loose fitting so that the student has a maximum range of motion to perform various body movements. **Students must change** from what they have worn to school to gym wear. **(Once we have access to the locker rooms)**

Athletic attire suitable for physical education activity includes:

1. Laced sneakers with an appropriate arch and ankle support to reduce the chance of ankle injuries. No open back or slip-on sneakers are allowed.
2. Athletic shorts, warm-up pants or sweatpants with an elastic waistband and no zippers or buttons. **(NO JEANS, NO ROMPERS)**
3. A T-shirt, warm-up top or sweatshirt with sleeves..

C. Participation- Students must be prepared and fully participate during the entire class period with reasonable effort. If a student is unable to participate due to illness or injury a parent note is required. Any extended period of time requires a physician's note.

D. Conduct- Students are to conduct themselves in accordance with school rules as outlined in the student handbook at all times. Vulgar or abusive language directed toward an instructor or classmate will not be tolerated.

3. Gym Lockers

Lockers and locks will be provided to each student at the beginning of the school year. It is the students responsibility to maintain the locker and to secure (lock up) their valuables before, during and after each class period. Students should **NOT** give their locker combinations to anyone. Failure to comply with these rules could result in loss of personal property.

Interscholastic Sports Programs

Various sports programs are offered to both 7th and 8th grade students during the school year. In order for students to participate, a SPORTS PHYSICAL MUST BE ON FILE IN THE NURSE'S OFFICE. The following is a list of programs available.

Fall- Boys- Football
 Soccer
 Cross-Country

Girls- Soccer
 Cross-Country
 Tennis
 Cheerleading

Winter- Boys- Basketball

Girls- Volleyball
 Kickline (club)

Late Winter- Boys- Wrestling

Girls- Basketball

Spring- Boys- Track
 Baseball
 Lacrosse
 Tennis

Girls- Track
 Softball
 Lacrosse
