

**Physical Education and Health
Dutch Fork Middle School
2026 - 2027**

Teachers:

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Course Description: The goal of physical education and health is to provide students with numerous opportunities to participate in various activities that encourage them to lead active and healthy lifestyles. The activities in this course will include team sports, individual sports, health, and physical fitness.

South Carolina College and Career Ready Standards for Physical Education

South Carolina Academic Standards for Health and Safety Education

Physical Education Units:

Archery Tennis Basketball Softball Team Handball

Cooperative Games

FitnessGram (there will be a final FitnessGram skills test at the end of the semester) *the test will consist of push-ups, curl-ups, and the pacer test*

Health Units:

Unit 1: Growth, Development, and Sexual Health Responsibility

Unit 2: Alcohol, Tobacco, and other Drugs

Unit 3: Nutrition and Physical Activity

Unit 4: Injury Prevention and Safety

Unit 5: Mental, Emotional, and Social Health

Unit 6: Personal and Community Health

Health Textbook:

Essential Health Skills for Middle School, Second Edition: Please contact us if you are interested in getting a copy of the textbook for home use

Grading:

50%: Major Grades (Health Tests and Skills Tests)

30%: Minor Grades (PE Participation/Health Classwork)

20%: Practice Grades (Gotcha Logs and Skills Check)

South Carolina Uniform Grading Scale:

A 90-100
B 80-89
C 70-79
D 60-69
F Below 60

FINAL SEMESTER GRADE

50% Quarter 1 Grade

50% Quarter 2 Grade

ACADEMIC INTEGRITY: Academic integrity is important for all students at DFMS. Please review the DFMS Cheating and Plagiarism policy found in the [Student/Parent Handbook](#).

District AI Information:

[AI Position Statement](#)

[Guidelines](#)

[Parents](#)

Success Criteria for PE and Health:

[6th Grade PE](#)

[7th Grade PE](#)

[8th Grade PE](#)

[6th Grade Health](#)

[7th Grade Health](#)

[8th Grade Health](#)

Make-up Work:

Make-up work is to be completed as soon as possible. Please request your make-up work on the first day you return to school after an absence. If you are aware of an upcoming absence, please notify your teacher. Please refer to the parent/student handbook to determine how many days students have to turn in make-up work.

Late Work Policy:

All assignments should be submitted by the specified due date, with a 10% grade penalty applied to late submissions. For practice and minor assignments, students have until the final day of the unit to turn them in. Major assignments, such as labs, essays, and projects, can be submitted up to 5 school days following the conclusion of the unit. Major assessments must be taken on their scheduled dates, except for situations in which a student has an excused absence.

Discipline:

The physical education department's discipline rules are consistent with Dutch Fork Middle School's overall discipline rules. Below are specific rules and procedures we expect all students to follow in physical education class.

1. All students are to obey all school rules according to the Student Handbook.
2. All students must be on time and report to their assigned spot immediately. **MBIs and referrals will be given out to students who are not in their spots.**
3. All students must be prepared for class with all the necessary materials.
4. All students are to obey the teachers and show respect to all teachers and students.
5. No drinks, food, or candy are allowed in the gym and/or locker room area.
6. Students are to stop, sit, and face the teacher when a whistle is blown.
7. No phones, headphones, AirPods, or earbuds are allowed in the gym (must be locked up in the locker room). We will follow the district/school policy for cell phones and headphones.

IMPORTANT! You must have tennis shoes to participate in PE! This is for safety reasons. Absolutely no Crocs, sandals, boots, or flip-flops are allowed during PE.

Locker room

*Every student will be issued a lock at the beginning of the semester. Each student is responsible for keeping up with his or her lock throughout the semester. If the lock is lost during the semester, the student will be fined \$6.50. Students are responsible for locking their belongings in their locker.

What if my child is sick or injured? Sick or injured students are required to have a note from a parent or doctor.