**7TH/8TH GRADE PHYSICAL EDUCATION**

The 7th and 8th grade physical education program at West Middle School continues to build on the skill development and knowledge attained through previous experiences in sixth grade physical education. Students will be exposed to a variety of individual and team sports, interactive games, and activities that promote physical, mental, and social development. Emphasis is placed on health-related and skill-related fitness throughout the year. Students will be encouraged to develop personalized fitness goals and will be given opportunities to work toward achievement through scheduled routines in the fitness room.

**EXPECTATIONS**

* Students are expected to wear proper attire suitable for physical activity. **Required items include: athletic shorts/pants, t-shirt (white or gray preferred), athletic shoes.** Students not complying with this policy more than 3 times per trimester will be assigned a lunch/after school detention.
* Students are expected to be on time to class. Students are also expected to be dressed and ready to leave the locker room for dismissal. Arriving on time to commitments is a lifetime skill.
* Each student must have a lock for the locker provided during the school year. A combination lock is recommended.
* Be respectful to teachers and fellow classmates. Demonstrate positive social skills, care of equipment and locker area. Have a positive attitude and practice good sportsmanship.
* Follow all directions and stay on task. Remain engaged in the activity.
* Work to your potential and give your best effort. Set goals, and strive for improvement.
* Maintain target heart rate, and/or minimum step goal each day of activity.
* Cell Phones are not permitted in Physical Education.

**LOCKERS**

Lockers will be provided to each student. It is imperative that your lock is locked on your locker at all times during class. Check to make sure your lock is locked before leaving the locker room at the dismissal bell. Do not share a locker!

**MEDICAL EXCUSES**

A written excuse is necessary when a student needs to be exempt from participation in any activity. If a student needs to be excused for more than two consecutive days, a doctor’s note is required. The doctor’s excuse should include restrictions, limitations, and the specific date of release. If a student is excused for a period greater than five days in succession, an alternate assignment will be given.

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Please sign on the other side and return this portion of the syllabus to confirm you have read it and retain the top portion for your records.

**ASSESSMENT**

Achievement in physical education is based on the following criteria.

* Knowledge of activity demonstrated through performance
* Participation in activities and exercises
* Appropriate level of effort in class determined by minimum number of steps achieved measured by MVPA pedometers and/or target heart rate levels achieved measured by POLAR heart rate monitors.
* Application of key components demonstrated through self-assessment, peer evaluations, observations, and video analysis.
* Evidence of engagement in structured activity for the development of health-related and skill-related fitness throughout the year. This may be in class and/or out of class.

Point System:

\* Daily participation and effort – 5 points possible per day (MVPA)

\* Assignments, projects, quizzes, and tests will be graded separately.

Grades will be determined by the total number of points earned each trimester.

**CITIZENSHIP GRADE**

To be eligible to receive an “O” (Outstanding) in citizenship for physical education, students must:

* Be on time, with proper attire, ready to move!
* Participate in all activities and exercises with maximum effort.
* Demonstrate a positive attitude, and respect toward others at all times.

**ATTENDANCE**

Participation is a key component of our class. If a student has missed more than eight days of activity per trimester, the student will need to “make-up” any day missed after the eighth day. It is the responsibility of the student to see his/her assigned teacher for the assignment.

**ACTIVITIES**

TEAM SPORTS

Basketball, Fleetball, Floor Hockey, Gatorball, Lacrosse, Soccer, Softball, Speedball, Tchoukball, Team Handball, Ultimate Frisbee, Volleyball

RECREATIONAL SPORTS

Archery, Badminton, Eclipse Ball, Frisbee Golf, Golf, Pickle Ball, Rollerblading, Table Tennis, Tennis

FITNESS ACTIVITIES

Cardiovascular Exercise Equipment, Machine Weights, Free Weights, Speed & Agility Training, Balance & Core Training, Resistance Bands, Stability Balls, Medicine Balls, Reaction Balls

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Physical Education classes will meet every day except during the designated health trimester where we will meet every other day.

If you have any questions please check the Online Curriculum Guide or email your teacher.

Student Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_