

NGMS PHYSICAL EDUCATION

Physical Education Standards

Standard 1: Movement Competence & Understanding - Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities. (game, sport, activity skills performance)

Standard 2: Physical & Personal Wellness - Participate regularly in physical activity to achieve and maintain a health-enhancing level of physical fitness. (daily participation and effort in all activities)

Standard 3: Emotional and Social Wellness - Exhibit responsible personal and social behavior that respects self and others in physical settings. (positive attitude & sportsmanship towards peers & teachers)

Standard 4: Prevention and Risk Management - Demonstrate and apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury. (safe, responsible dress and behavior)

Units Of Study For Physical Education

6th Grade PE (quarter)

- **Daily Warm-ups & Cardio:** work towards improving personal fitness level.
- **Fitness Fridays:** the focus is FITNESS activities/games; cardio-focused activities.
- **Sport Units:** modified team sports (basketball, softball, volleyball, floor hockey, soccer); games/activities. Focus on teambuilding & sportsmanship.
- **Written activities**

**The units will depend on the time of the year, number of PE classes each hour, class size, weather, etc.

7th Grade PE (quarter or semester)

- **Daily Warm-ups & Cardio:** work towards improving personal fitness level.
- **Fitness Fridays:** the focus is FITNESS (circuits, fitness activities/games)..
- **Sport Units:** team sports (may include any of the following: flag football, lacrosse, basketball, volleyball, team handball, frisbee golf, can jam, ultimate frisbee, etc.); and possible weight training—depending on quarter.
- **Written activities**

** The units will depend on the time of the year, number of PE classes each hour, class size, weather, etc.

8th Grade PE (quarter or semester)

- **Daily Warm-ups & Cardio:** work towards improving personal fitness level.
- **Fitness Fridays:** the focus is FITNESS (circuits, fitness activities/games).
- **Sport Units:** fall team sport -- flag football, lacrosse, soccer; racket sports (may include intro to tennis, pickleball, badminton); recreation games (may include Takraw, spikeball, table tennis, bowling, etc.); and possible weight training—depending on quarter.
- **Written activities**

** The units will depend on the time of the year, number of PE classes each hour, class size, weather, etc.

PE Uniform

The required dress is for your personal safety . Please bring these items from home. Must adhere to all District and NGMS dress code.....see below.

T-Shirt – any color, short or long sleeve "T" shirt; shirt can have words or pictures; NO muscle shirts, tank tops, spaghetti straps or low-cut shirts.

Shorts – any color, but not shorter than 3 inches above the knees (example: basketball or soccer style shorts); NO buttons, zippers, or "short" shorts, and NO sagging.

Pants - any color sweats, exercise or yoga pants, and NO sagging.

Tennis Shoes – enclosed shoe with rubber sole and shoe laces.....laces must be tied to keep shoes securely attached to the feet.

- **Dress out EVERY DAY. You must change clothing.....DO NOT wear your PE clothes under your school uniform.**
- **Clothing needs to be taken home and washed weekly.** But make sure you have brought in a clean set of clothes before taking home your dirty ones.....that way you won't have to borrow PE loaners.
- You are **REQUIRED** to borrow "**loaner clothes**" any day you do not have your uniform, If you forget your clothing 2 days in a row, you will need to call home. Please do not take your PE clothes home to wash **until you've brought clean ones**, that way you will always have a set of PE clothes in your PE locker/backpack.

Daily Class Policies

- **CELL PHONES MUST stay in your backpack during PE class.** Cell Phones WILL BE TAKEN if we see them. They will be given to the office staff, and you will pick it up at the end of the day.
- **Be on time and prepared** with your PE uniform/shoes (before tardy bell rings) and out of the locker room (5 minutes): You get 5 minutes to dress out from the time the tardy bell rings.....AND you must leave PE class on time, and make it to your next class ON TIME.....no hanging out in the halls.
- All PE students are issued their own PE locker for use during their class. You are responsible for knowing how to open the combo lock.
- ***We are NOT responsible for anything lost or stolen...keep your locker locked and DO NOT give out your combo to anyone!***
- Students are expected to maintain a high level of **personal cleanliness**.
- Students are encouraged to bring and **use deodorant**.
- **NO jewelry:** watches, rings, necklaces, bracelets, etc., NOTHING.
- **NO GUM!!!!!!!**
- **NO HOODIES in PE class.**

Medical Conditions: If you have an existing medical condition, we need a doctor's note explaining your situation (what are your limitations and what you can do). This is your responsibility to get this turned in ASAP!!!!!! We need this information immediately

**** You MUST have a note!!!! It's your responsibility to bring one, not ours to call.....come prepared.

>>>Parent note : **good for only 2 days in a row, but you must still dress out & do what you can.** Please state what is wrong. If you continue to bring in parent notes, then you will need a current doctor's excuse.

>>>Doctor note : The note has to **specify what is wrong and how many days** you need to be excused from PE. You will have a written assignment due at the end of class—each day you have to sit out.

***Asthma:** If you have **asthma** and have an inhaler, it is YOUR RESPONSIBILITY to get the paperwork filled out & turned into the clinic ASAP so you can have your inhaler in school legally.

Behavior Expectations

SAFETY is the number one priority in Physical Education, so it is important to follow ALL the rules, all of the time so we have a safe, positive learning and moving environment.

- Be on **TIME** and **PREPARED** with required PE uniform & tennis shoes.
- Safety First.
- Be a Good Sport.
- Stay on Task.
- Do the Right Thing.
- Own Your Stuff.
- Poor Behavior or class disruption may result in a warning, problem solve, phone call, and/or referral.
- **CELL PHONES** must stay in your backpack during the PE class period.

Locker Room Expectations

- **CELL PHONES must be kept in your backpack at all times during PE.**
- Use appropriate behavior at all times in the locker rooms.
- Follow all locker room rules, which are hanging in the locker room.
- No dressing out in the toilet stalls....they are for going to the bathroom only because there are only a couple toilets, and lots of students.
- Do **NOT** flush anything down the toilets except body fluids and toilet paper.
- Go to the restroom at the beginning or end of class.
- Please keep the locker room clean.
- Take PE clothing home every week to be washed--make sure you have brought in a **CLEAN** set of PE clothes before taking the dirty ones home.
- You can keep Deodorant locker.
- *Never put your backpack in your PE locker*—put it on the floor below your locker.
- Do not put other students' things in your locker— **NO SHARING LOCKERS!**
- No illegal items permitted on school grounds.

***** TEACHERS & STAFF ARE NOT RESPONSIBLE FOR ANYTHING LOST OR STOLEN.**

Communication

Parents can access real-time grades and attendance on the Parent Portal of Infinite Campus by logging on to: <https://ic.adams12.org/campus/portal/adams12.jsp>

Ms. George 720-972-8321 lisarae.george@adams12.org
Ms. Vath 720-972-8295 ashley.a.vath@adams12.org
Mr. Foster 720-972-5101 zachary.c.foster@adams12.org

*We will return phone calls / emails within 24 – 48 hours.

Grading Policy

This course assesses on common district criteria aligned to state standards. The criteria in this course are the Colorado State Physical Education and Health Standards and the rubric achievement levels are each 1 - 4. I will grade all summative assessments with rubrics. In all courses, the higher the rubric score on a summative assessment, the better the student's demonstration of knowledge. At the end of the quarter or semester, I will issue a final trend mark for each criterion. I will determine the final trend mark by the knowledge the student demonstrates throughout the quarter or semester in each criterion. As your teacher, I will consider summative assessments, formative assessments, observations, and student circumstances when giving a final trend mark.

Missing assignments for a student that has not completed any work, has not turned in a project, or has not attempted an assessment will become part of the overall demonstration of knowledge that I will consider for a final trend mark. Every student has the right to take a summative assessment once. However, re-takes/re-dos will not be permitted until all classwork has been completed and a study session attended. I will evaluate exceptions on a case-by-case basis. Students who complete 95% of classwork will be allowed to re-take/re-do assessments provided that the student attends a help/study session with the teacher. The study session requirements will be an agreement between the teacher and the student. Re-takes/re-dos of assessments must be completed by the end of the next unit. In addition, all make-up work must be completed by the end of the next unit. Students will always receive the highest grade they achieve on a test regardless of the number of times attempted.