

# 6th Grade Physical Education Syllabus

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## **Physical Education Philosophy:**

Physical Education is an important part of the total educational program. Students participate in physical activities that allow them to develop an understanding of the physical abilities of themselves and others. Students become aware of the social benefits of physical activity through participation. The mental and emotional benefits of physical activity become evident when an active role in physical activity is encouraged.

The total development of students is the goal of the educational system. Physical Education is a vital part in reaching this goal. A variety of activities are incorporated into the physical education program, from creative movement to lifetime sports. All students have the need, and right, to enjoy the benefits of physical activity!

## **Class Expectations:**

1. All policies of USD 232 and Monticello Trails Middle School will be followed.
2. Dress out: Students are expected to dress out with the appropriate clothing every class period.
  - a. Appropriate athletic clothing: tennis shoes (tied up), socks, t-shirt/sweatshirt/jacket (with sleeves, and school appropriate) and athletic shorts/sweats.
  - b. Plan for being outside warm or cold. If we can be outside, we will be outside.
  - c. 3 minutes will be given at the beginning of class to dress out, and 3 minutes at the end to dress back in.
  - d. Jewelry/accessories will be tolerated at teacher discretion.
3. Students are expected to **participate** during the entire class period.
  - a. Students who participate will develop the skills and knowledge to do well in class.
  - b. Participation doesn't mean the same for everyone
4. Be a positive peer role model.
  - a. Have respect for everyone
  - b. Act with great responsibility
  - c. Display sportsmanship at all times

## **Locker Room:**

1. Students will bring their PE attire to class each day and change in the locker room. After changing, the students will wait in the locker room until dismissed to the gym by Coach Wurtz. At that time the locker room doors will be locked for the remainder of class.
2. Locks will NOT be checked out to the students this year.
3. The students may use empty lockers for their things, but they must take everything with them after class.

## **Grading:**

1. PE Daily points: 10 points are earned every day. Daily points are graded upon the following:
  - a. 2 Points- Appropriate Dress (i.e. School appropriate, athletic clothing and footwear)
  - b. 4 Points- Participation
    - i. 4 Points- Participates fully to the best of ability with no reminders to stay on task or participate.
    - ii. 3 Points- Participation is moderate with no reminders to stay on task or participate.
    - iii. 2 Points- Participation is moderate with reminders to stay on task or participate.
    - iv. 1 points- Participation is low with multiple reminders to stay on task or participate.
    - v. 0 Points- Participation is none. Refuses to comply with reminders.
  - c. 4 Points- Sportsmanship

- i. 4 Points- Displaying the following characteristics: Positive Attitude, Encourages Others, Respectful of all classmates, Supportive of all students, Treats equipment with care, Models Self Control, Follows Safety rules, Accepts others with different abilities
- ii. 3 Points- Displays most of the characteristics of sportsmanship above but needs a reminder
- iii. 2 Point- Displays some of the characteristic of sportsmanship above but needs multiple reminders
- iv. 1 Points- Disrupts class by not displaying characteristics of sportsmanship.
- v. 0 Points- Has to be removed from participation due to not displaying characteristics of sportsmanship

### **Participation Excusal**

1. Students will be required to dress and participate every day, unless they meet one of the following requirements:
  - a. A written or electronic doctor's note excusing them from participation.
    - i. Students will not be able to return to class until they have a signed, legal doctor's note clearing them to once again participate.
  - b. Written or electronic note from school nurse excusing them from participating.
2. A parent note DOES NOT excuse a child from participation.

### **Make-up work:**

1. Excused Absence: Students who are absent for daily activities.
  - a. Students who are absent will be marked as a no count for the day. This will not positively or negatively affect their grade for the course. They will not have to make up any class time.
2. Unexcused Absence: Students who are absent for reasons that are unexcused will receive a zero for the day or will be given an alternate assignment in lieu of participation in class. Unexcused absences will be dealt with on a case by case basis.

### **Daily Lessons:**

Daily Lessons will include all or a combination of the following: Movement or Agility or Speed Development, Motor skill development, Game to practice movement or motor skills, Flexibility or Muscle Recovery.

### **Health Unit:**

During the course of the school year, students will participate in a Nutrition Unit, which places focus on healthy eating choices. The student will study the six nutrients of food and practice good decision making.