

7th & 8th Grade Physical Education Rules & Expectations

PE Clothes

- a. All students must change out of their school clothes and into PE clothes every class and every PE Area. Students are not allowed to wear the same clothes they wore to school for PE class or Area.
- b. Students will lose participation points each time they are not prepared for class (don't change), and they may be asked to sit out of the activity that day.
- c. Shirts must cover the upper body, shoulders, and torso (no tank tops, camisoles or muscle shirts allowed).
- d. Shorts must be appropriate length and height (No sagging shorts or short shorts)
- e. Good sneakers that **TIE** and socks are a necessity.
 - i. As the weather gets colder, make sure you have pants and a sweatshirt for outdoor activity.

No Jewelry: For safety, all jewelry (watches, rings, necklaces, bracelets, and earrings) must be taken off and stored in your school hallway combination locker before coming to class. Small posts (earrings) are allowed, as are activity tracking accessories.

Hair Tied Back: Any hair longer than shoulder length, or bangs that cover the eyes and interfere with vision, must be secured with hair ties and clips.

No Aerosols: Students should have deodorant and perfume in stick or roll on form only. Aerosols may cause respiratory problems for students with allergies and asthma.

Secure Your Valuables: All clothes, books, and gym bags should be in a locker in the locker room and out of sight. The locker room will not be locked during class. You may bring your own lock to use for when you have class, but you must take it with you each class when you leave.

No Gum or Food: No food, drink, or gum is allowed in the gym.

Health Concerns:

- a. If a student is not feeling well, or is returning to school after illness, we ask them to dress for PE and try to do what they can. To be excused, a parent must send a note.
- b. Parent notes are only good for one class. Physician notes are needed for illnesses and injuries that keep a student out for multiple classes. Physician notes should include activities the student is allowed to do, if possible.

Quizzes: Study guides for quizzes can be found on the MNMS Physical Education

Department website or on your teacher's Canvas page.

Extra Credit: Extra credit may be given to students who complete an extra credit form for activities done outside of the regular school day. Students must keep a log of activities (get the form from your teacher or on the MNMS Health & Physical Education website), and have a parent's signature of validation.

Physical Education Curriculum:

- a. The Physical Education Curriculum is a comprehensive K-10th grade program. 11th and 12th grade students will select from Healthy Lifestyle activities.
- b. Middle School Objectives:
 - **7th Grade** - Students will apply movement patterns and strategies for skill improvement by participating in a variety of net/wall, invasion, base, and individual activities. Students will also participate in current fitness trends that incorporate rhythmic movements. Through these experiences, students will be able to identify a relationship between regular participation in physical activity and skill improvement as well as analyze how personal choice, social benefits, and skill competence can impact regular participation in physical activity.
 - **8th Grade** - Students will apply movement patterns and strategies for skill improvement by participating in a variety of net/wall, invasion, base, and individual activities. Students will be able to identify and describe the principles of training, using appropriate vocabulary by engaging in physical activities that are developmentally appropriate and support achievement of personal fitness goals in regards to muscular strength, muscular endurance, and skill-related fitness. Through these experiences, students will be able to identify a relationship between regular participation in physical activity and skill improvement as well as examine the effects of positive and negative interactions of peers engaged in a variety of physical activities.

Extra Curricular Activities: 7th and 8th graders can try out for interscholastic teams including:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>
Boy's & Girl's Soccer	Boy's & Girl's Basketball	Boy's & Girl's Track
8 th Grade Football	Wrestling	Girl's Softball
Cheerleading		Field Hockey
Girl's Volleyball		

Information regarding physicals to be able to try out for these teams can be found at the SCASD Athletics Department website (<http://www.scasd.org/domain/1670>)

- a. Intramurals: Various intramurals **MAY** be offered for all grade levels. There must be at least 15 participants for each IM activity or it will be cancelled. **Some intramurals have a monetary cost.** Please listen to the morning announcements for offerings.

Staff:

8th Grade: Mr. Henderson (drh18@scasd.org), Ms. Christie (jac29@scad.org)

7th Grade: Mr. Haushalter (kmh15@scasd.org), Ms. Mozdzen (knm16@scasd.org)