

2022-2023

## Middle School Physical Education Course Syllabus

Grades 6 - 8

Instructor: Mr. De Cola

### I. Curriculum:

#### Physical Education

- P.E. will include a variety of activities such as; team, individual and lifetime sports, indoor and outdoor games, cardiovascular fitness and strength training activities. In some cases, you will have the opportunity to select an activity offered by the teacher. However, there are times when you will be assigned a specific activity. Activities may alternate with a fitness component workout in the fitness center, all will be assessed within a 9-week basis.

### II. Grading & Expectations:

#### Physical Education

- Each day will be worth three points and will be based on the following (see rubric):
  1. Attitude
  2. Participation and Effort
  3. Attendance and Preparedness

#### Physical Education Grading Rubric

	<u>3</u>	<u>2</u>	<u>1</u>	<u>0</u>
<b>Attitude</b>	Consistently follows rules, excellent behavior, displays cooperation & respect, and accepts winning and losing respectfully.	Inconsistently follows rules, plays well only when on the winning team, consistently off task when not being observed.	Uncooperative, bends rules to suit self, displays inappropriate frustration towards others, celebrates mistakes of others.	Physical or verbal abuse to others, doesn't follow rules, complains about tasks, displays poor attitude toward activity, concern only for self.
<b>Participation/ Effort</b>	Gives top effort, self-motivated, displays good movement during game play, committed to improving personal fitness/skills.	Needs some reminders to participate, puts forth minimum effort, contributes little to team play, little work to improve personal fitness.	Poor effort, little or no movement during activity, numerous excuses for inactivity, socializing interferes with participation.	Avoids participation, excessive socialization, off task, interferes with others, abuses equipment, disrespect for safety rules.
<b>Attendance/ Preparedness</b>	On time for class - enters the gym and is moving by appropriate time. <u>Dress:</u> Has all appropriate P.E. attire (shirt, shorts/pants & SNEAKERS that are comfortable for class).	Arrives shortly after class starts. <u>Dress:</u> Has all appropriate P.E. attire (shirt, shorts/pants, & sneakers that are tied). According to dresscode for P.E.	Consistently: Arrives late. <u>Dress:</u> Is not prepared with appropriate P. E. attire but participates to the best of their ability.	Skips class or comes late without a pass, leaves early, goes to an undesignated area. <u>Dress:</u> Does not have appropriate P.E. attire (shirt, shorts/pants, and sneakers) and demonstrates

	According to dresscode for P.E.			little effort.
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#### Student of the Month / Class of the Month:

- Each month a Female and a Male student from each grade will earn the title of "Student of the Month"
  - Each student will get a medal, a second prize, and their picture put up to be celebrated
- Each month 1 class period in the school will earn "Class of the Month"
  - This class will get a special treat during class

#### Eagle Awards

- Eagle awards can be EARNED during physical education class by demonstrating extraordinary effort, character, sportsmanship, or improvement during class.
- Eagle awards can only be EARNED. They can not be asked for, negotiated for, or transferred between students.

#### □ Dress Requirements:

- Students **WILL NOT** be changing in the locker rooms and will report directly to the gymnasium.
- The clothing preferred for class is a **T-shirt, shorts or pants, socks and sneakers**. Sweatshirts and/or sweatpants for outdoor activities are permitted during cool weather. The school dress code is to be followed to determine the appropriateness of the clothing item. (This means no cut-off shorts and shorts must be **fingertip length**).
- Students who are not in proper P.E. attire still have the opportunity to earn 3 points provided they meet the remaining class expectations for that day.
- If a student does not wear appropriate clothes for class 3 times in a 9-week time, the student will earn a **detention**. Every 3<sup>rd</sup> time a student fails to wear appropriate attire during that 9-weeks, the student will earn another **detention**.
- Students who do not have appropriate P.E. attire will be required to participate in P.E. The teacher may assign that student to a different area or selection for that day due to safety issues.

#### ➤ Cellular Phones

- Cellular phones **must be put in backpacks prior to the start of class**. Students may not have cell phones on their person during class.
- The 1st time a student is found with their cell phone on them during class the teacher will keep it and return it to the student at the end of class
- From the 2nd time on the student's cell phone will be sent to the office for the remainder of the school day and can be collected by the student at the end of the day.

#### Medicals:

- If you have a medical condition that limits your participation, a **"Can Do List"** from your doctor **is required**. This will allow you to continue with class at your safe and appropriate level. Parent notes will excuse a student for one day, beyond that, a **"Can Do List"** must be submitted from your doctor. Therefore, students who are not permitted to participate in the regular P.E. because of a medical excuse will be assigned selections that are appropriate with their **"Can Do List"**.

Cheating in Class: Cheating will **NOT** be tolerated in any area of assessment or during any class activity. If cheating does occur, it will be dealt with in accordance with the student hand book. (examples: misuse of peer-evaluations, recording inappropriate scores)

#### IV. Valuables:

**DO NOT** bring valuables to class! Leave them at home or in your school locker. The P.E. department and the Grove City Area School District are **NOT** liable for lost or stolen items. If you by chance bring valuables to class, it is your responsibility to give them to the P.E. staff before class. They will be locked in the locker room office. It is also your responsibility to retrieve your valuables at the end of class.

**This is going to be a great year!**