

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, 7th Grade PE and 8th Grade PE (quarter)

- **Daily Warm-ups & Cardio:** work towards improving personal fitness level.
- **Sport Units:** Team sports (basketball, softball, volleyball, floor hockey, soccer, flag football, lacrosse, basketball, volleyball, team handball, frisbee golf, Kan jam, ultimate frisbee) Recreation games (Takraw, spikeball, table tennis, pickleball, badminton); and weight training

Uniform

PE uniforms are required, students must come prepared to dress out in T-Shirt, Shorts/Pants/Leggings and Tennis Shoes. Jeans, Crocs and slides will not be allowed for PE class. Students will dress out every day in the locker room. Loaner clothes may be given out if a student forgets PE clothes. If students refuse to wear appropriate clothes, a phone call will be made and then next steps will be taken.

Policies and Behavior Expectations

- Be on time and prepared you have five minutes to dress out.
- Be safe- follow directions, No jewelry or gum.
- Be a Good Sport. Poor Behavior or class disruption may result in a warning, problem solve, phone call, and/or referral.

Locker Room Expectations

- Cell phones must be kept in your backpack at all times.
- Use appropriate behavior at all times.
- Go to the restroom at the beginning or end of class.
- Please keep the locker room clean.

*** Teachers are not responsible for lost or stolen items.

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).

- **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.
- **Doctor note :** The note has to specify what is wrong and how many days you need to be excused from PE.

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

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Make Up Work

If you are absent you can complete a make-up assignment found on your teachers schoology page. Once completed turn the assignment in and let your teacher know.