

## 7<sup>TH</sup>/8<sup>TH</sup> GRADE PHYSICAL EDUCATION

The 7<sup>th</sup> and 8<sup>th</sup> grade physical education program at West Middle School continues to build on the skill development and knowledge attained through previous experiences in sixth grade physical education. Students will be exposed to a variety of individual and team sports, interactive games, and activities that promote physical, mental, and social development. Emphasis is placed on health-related and skill-related fitness throughout the year. Students will be encouraged to develop personalized fitness goals and will be given opportunities to work toward achievement through scheduled routines in the fitness room.

### ACADEMIC RESPONSIBILITY EXPECTATIONS

To be eligible to receive a “4” (Independently & Consistently Meeting Expectations), “3” (Consistently Meeting Expectations), “2” (Sometimes Meeting Expectations), or “1” (Rarely Meeting Expectations) in academic responsibility for physical education/health students must Independently and Consistently meet the following:

#### Academic Habits

- Complete class task/homework assignments. Takes initiative of learning opportunities by applying feedback, attends help sessions or takes advantage of retakes/redos.
- Follows up with teacher regarding any absences for missed materials or assignments.

#### Prepared Learner

- Arrives ready to learn and listen
  - Students are expected to wear proper attire suitable for physical activity. **Required items include: athletic shorts/pants, t-shirt, athletic shoes, combination lock.**
  - Students are expected to be on time to class, dressed and ready to leave the locker room for dismissal.
- Keeps work organized

#### Participation/Engagement

- Displays active learning behaviors
  - Actively remain engaged in class activities working to your potential and give your best effort. Set goals, working independently, using time effectively, and strive for improvement.
  - Maintain target heart rate, and/or minimum step goal each day of activity.
- Respectfully cooperates with others and maintains positive relationships
  - Be respectful of self, others, space, and equipment.
- Follows class routines/expectations/procedures
  - Uses technology appropriately (digital citizenship).

\*\*Cell Phones are not permitted in class

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Please sign on the other side and return this portion of the syllabus to confirm you have read it and retain the top portion for your records.

## **ASSESSMENT/GRADING: Standards Based Grading and SEL?????**

Achievement in physical education is based on the following criteria.

- Knowledge of activity demonstrated through performance
- Participation in activities and exercises
- Appropriate level of effort in class determined by minimum number of steps achieved measured by MVPA pedometers and/or target heart rate levels achieved measured by POLAR heart rate monitors.
- Application of key components demonstrated through self-assessment, peer evaluations, observations, and video analysis.
- Evidence of engagement in structured activity for the development of health-related and skill-related fitness throughout the year. This may be in class and/or out of class.

Point System:\*\*\*\*\* Daily grade- 5 points possible per day (MVPA)\*\*\*\*\* Assignments- projects, quizzes, and tests will be graded separately. Grades will be determined by the total number of points earned each semester

## **LOCKERS**

Lockers will be provided to each student. It is imperative that your lock is locked on your locker at all times during class. Check to make sure your lock is locked before leaving the locker room at the dismissal bell. Do not share a locker!

## **MEDICAL EXCUSES**

A written excuse is necessary when a student needs to be exempt from participation in any activity. If a student needs to be excused for more than three consecutive days, a doctor's note is required. The doctor's excuse should include restrictions, limitations, and the specific date of release. If a student is excused for a period greater than five days in succession, an alternate assignment will be given.

## **ATTENDANCE**

Participation is a key component of our class. If a student has missed more than ten days of activity per trimester, the student will need to "make-up" any day missed after the tenth day. It is the responsibility of the student to see his/her assigned teacher for the assignment.

## **ACTIVITIES**

### TEAM SPORTS

Basketball, Fleetball, Floor Hockey, Gatorball, Lacrosse, Soccer, Softball, Speedball, Tchoukball, Team Handball, Ultimate Frisbee, Volleyball

### RECREATIONAL SPORTS

Archery, Badminton, Eclipse Ball, Frisbee Golf, Golf, PickleBall, Table Tennis, Tennis

### FITNESS ACTIVITIES

Cardiovascular Exercise Equipment, Machine Weights, Free Weights, Speed & Agility Training, Balance & Core Training, Resistance Bands, Stability Balls, Medicine Balls, Reaction Balls

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Physical Education classes will meet every day except during the designated health rotations where we will meet every other day.

If you have any questions please check the Online Curriculum Guide or email your teacher.

Student Name (printed): \_\_\_\_\_ Hour \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_