

Physical Education
Class Description,
Grading and Homework Policy

Name

Period

CLASS DESCRIPTION

Students in physical education will participate in a variety of sports. Students will be skill tested at the end of each unit. Students will also be tested for their level of physical fitness through the required Physical Best test. There will also be occasional written work and written tests.

SPORTS AND ACTIVITIES

7th Grade: Pickle Ball, Gymnastics, Badminton, Speedaway, Track, Juggling, Frisbee and Weight Training. More activities may be included.

8th Grade: Volleyball, Dance/Aerobics, Hockey, Softball, Basketball, Football and Soccer. There may be more sports added.

GRADING POLICY

The P.E. grade is based on dressing out EVERYDAY, participating, sportsmanship, aerobic improvement, homework and tests. Students earn points by scoring well on skills tests, fitness and written tests. Students lose points by not dressing out, poor sportsmanship and by not participating fully.

DRESS CODE

White plain crew neck T-shirt with the student's last name on the back, first name on front. (\$10 at school)

Green Gym Shorts with the last name on the right leg. (\$10 at school)

Green or Grey Cotton Sweat Shirt (no hood or zipper) with the name on the back. Or a shark sweatshirt sold by school.

Green or Grey Cotton Sweat Pants with the name on the right front leg. (\$15 at school)

Athletic Shoes – laces tied securely at the top of the shoe. No sandals.

On extremely cold days, jackets may be worn over sweats.

PARTICIPATION EXCUSES

Excuse notes from home are accepted for medical reasons only. **Students must bring a note each day they are to be excused.** Students may only bring notes a total of three days in a row. A doctor's note is required for a fourth consecutive day.

HOMEWORK

Students should commit to a daily exercise routine (sit ups, push ups, stretching, jogging) at home to achieve their fitness goals. Students should also develop a good habit of washing their P.E. clothes each weekend.

LOCKER ROOM

Students will be provided a lock for use in the locker room only. No other locks are allowed. Students will be charged a replacement fee of \$7.00 if the lock is lost or stolen. Lockers are for P.E. clothes only. Combinations should be kept secret. Students should not share clothing. Students are not allowed in the locker rooms after school, during nutrition or during lunch. Certain routes for entering and exiting our gymnasium facility will be taught. Follow the rules!

I/We have reviewed the above with our child _____ Parent's Signature

CLASS RULES AND PROCEDURES

Blaker- Kinser Physical Education

Rules:

1. Come to class prepared daily. (**Dressed right and ready to participate**)
2. Follow directions the first time.
3. Raise your hand to ask/answer questions.
4. If you have an issue/problem with someone or something during class or in the locker room – let us know so we may address it.
5. Use appropriate **language** at all times.
6. Do not use others poor behavior as an excuse to behave poorly yourself.
7. No **FOOD** or **GUM** in class or locker rooms. Use **trashcans!**
8. All **valuables** should be inside your locker with a lock that is properly locked.
9. At the end of your P.E. class, your lock must go back on your **assigned locker**.
10. Do not bring water bottles to PE class. Drink before and after class.
11. No sagging!

Routines:

1. Students will be expected to **get in and out** the locker rooms quickly. Students should be in the locker room when the **tardy bell** rings.
2. Students will participate in a daily **warm-up/exercise** routine to properly prepare themselves for the day's activities.
3. Students will **line up** in an **orderly** fashion when going into the locker room at the end of the P.E. period.
4. Students will remain behind the **Yellow Line** when waiting for the passing bell.
5. Students are expected to do his or her best. Walking and talking to each other on the track or during games will not be tolerated.
6. Students will not be allowed to participate in PE if not dressed out properly and points will be taken off grade.

Consequences for not dressing out/class rules not followed:

Step 1 (1st infraction) Verbal warning, points off grade.

Step 2 (2nd infraction) Spoken to individually (possible parent phone call) Points off grade.

Step 3 (3rd infraction) Parent call home / Student is now in danger of failing P.E.

Step 4 (4th infraction) Class suspension / phone call home

Note: Depending on the severity of the behavior, steps may be skipped.

Grading Policy: Each assignment is given a specific point value.

A = 90 – 100% B = 80 – 89% C = 70 -79% D = 60 – 69% F = 0 – 59%

Blaker- Kinser phone: 556-1810