

2011-2012 PHYSICAL EDUCATION

Overview: During our Physical Education class the students will be introduced to a wide variety of activities and games. My goal as a physical educator is to encourage students to engage in a lifetime of physical activity. By experiencing a wide variety of activities this will only enhance the possibility of the students finding something that they enjoy. During our school year the students will engage in activities that include, but are not limited to; flag football, golf, yard games, team handball, soccer, fitness, cooperative games, team building activities, flag rugby, simple line dances and other activities that are both group and individually based.

Assessment: Within each class meeting there will be 15 points available per day. These points are broken down as follows:

- 5 points available for a warm-up
- 5 points available for a daily run
- 5 points available for the daily participation/behavior

The students will be keeping P.E. Binders this year with all papers (assignments, notes, handouts, etc.) being kept in them. These binders will be collected and/or checked multiple times throughout the year. The assignments will then be graded. In addition to the binders I will be giving written tests on each unit. Their binders, and all papers assigned that are in the binders, may be used on the tests.

During each unit there will be at least one skill grade given. The skill grades are based upon the process (is it done correctly?) and not the result (how far, hard, etc). Depending on the skill there will be 5 points available for each key point, or cue, of that skill. As an example, throwing would be broken down as follows:

- 5 points available for having the opposite foot forward
- 5 points available for making an “L” with the throwing arm
- 5 points available for finishing below the waist.

Each skill will have a MAXIMUM of 15 points, 3 cues, available.

Also, during each unit there will be at least one written assignment or test given. The length and points possible will depend on the assignment. During the winter and early spring they may be longer and worth more points because we will be outside less due to rain.

The mile will be run on the second Wednesday of each month for Monday/Wednesday classes and on the second Thursday for Tuesday/Thursday classes. If a student does not complete the mile in under 20 minutes they will repeat the mile until it is under 20 minutes. This will be done either at lunch or during the beginning of the next class.

Grading will be broken down as follows:

Warm Up/Run/Participation = 65% of grade

Skill Grades = 25%

Written Work/Tests = 15%

Absences/Excused Non Participation: If a student is absent they will be responsible for making up what was done that day. As an example, if a student is absent on a mile day they will be responsible for making that mile up at the next class meeting. If an assignment is given they will be responsible for getting that assignment and completing it in their binder. If a student is sick or injured they need to bring a note from a doctor. I will accept 3 parent notes throughout the year. In extreme cases, if a student is injured and can not participate over an extended period of time, make up work will be given.

Dress: It is very important that during Physical Education proper clothing and shoes are worn. Students are not required to “dress out” during P.E. The dress code is considered acceptable, except that girls should not wear skirts on P.E. days. If students do not wish to wear the uniform during P.E., solid color T-shirts and solid color shorts or sweats are acceptable. Athletic shoes **MUST** be worn during P.E., **FOR SAFETY NO SANDALS OR OPEN TOE/HEAL SHOES ARE ALLOWED.** If shoes or other clothes are worn that are considered to be unsafe, or a poor choice, the student will not be able to participate that day and they will not receive any of the available points. Safety is always our priority and we can not put our students and others at risk by wearing improper footwear.

Thank You and I look forward to the year.

Mr. P
jparnell@cacmp.org

Parent Signature

Date

Student Signature

Date