

Physical Education

FITNESS FOR LIFE

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The physical education curriculum is designed to assist students in developing an appreciation for a variety of lifetime sports/activities, fitness and leading a healthy lifestyle. The classes are structured to help students challenge themselves and to experience success at her/his individual ability level.

The student is expected to:

- Dress properly for class (no jeans!)
- Participate in activities
- Thoroughly follow instructions
- Demonstrate respect for her/his peers and the teacher

Participation and Dress Points Distribution

All students start the 10 week card marking with an A. **A full letter grade will be taken off EVERY SINGLE TIME for the following infractions:**

- No Dress: Inappropriate pants/shorts, shoes, gym shirt without last name, no socks, and unsportsmanlike conduct

If in any one quarter a student does not dress or participate more than 10 times (20 %), the students will **AUTOMATICALLY FAIL THE QUARTER.**

If a student is absent 5 times and /or suspended for any reason, he/she must complete a sport packet or P & D grade will be dropped one full letter grade.

A third of letter grade will be taken off EVERY SINGLE TIME for the following infractions:

- Wearing jewelry, touching equipment, and unsportsmanlike conduct.

The following actions and consequences will take place for lack of participation and dress:

- 3 times = verbal conversation with student
- 5 times = detention (also have F for participation/dress grade)
- 7 times = referral to the assistant principal
- 10 times = **FAILURE of QUARTER**

Grading Breakdown

Many components will make up the student's overall grade. Below are the weighted percentages each element holds:

- 80% **Formal Assessment**
 - Participation/Dress
 - Skill testing
 - Team Play assessment
- 20% **Informal Assessment**
 - Sportsmanship
 - Skill Development

Bonus credit will be given by leading warm-up exercises, preparing athletic article summaries (one page in length), and participating in bonus skills.

Participation/dress grade recovery will be given if a student reaches failure and then proceeds to dress/participate for five (5) consecutive days. Their participation/dress grade will increase by one third of a letter grade per (5) consecutive days.

Grading scale based on WCS APPROVED Grading scale.

If you are unable to participate on any day, a written note from a medical doctor is needed. Verbal or written parental excuses are not acceptable.

****The physical education department is not responsible for personal items in the locker room. PLEASE SECURE YOUR BELONGINGS!**

BEER MIDDLE SCHOOL PHYSICAL EDUCATION RULES

The rules for Beer Middle School Physical Education are strict so that everyone who should be enjoying the class can do so.

DAILY REQUIRMENTS:

- Students will be required to participate each day the class meets.
- Each student will be given a floor space for attendance purposes. If a student is not in their assigned floor space they will be marked tardy or absent.
- ALL jewelry must be removed for safety reasons and locked up in the student's gym locker.
- Food, including **GUM**, is **NOT ALLOWED** in the gym or locker room.
- All injuries, problems, and unsafe conditions should be reported immediately.
- Never leave the gym area without a **teacher's** permission.

PERSONAL REQUIREMENTS:

- You will show respect to teachers, guest teachers, gym aids, and every member in this class. Please keep your personal differences out of the class.
- In this class do not address someone as "Hey girl or guy", find out his or her name and use it.
- There will be no arguing with the officials, whether it is a fellow student or me. You will learn to accept things that you do not like without losing your temper. Sportsmanship is the name of the game.
- Classmates are to be respected and admired for doing their best. Ridiculing another's performance is not acceptable.

CLOTHING:

- See the Physical Education Clothing Sheet attached to this packet for suitable clothing.
- On all shirts, the student's last name must be in 1" letters on the back just below the collar. For shorts and sweatpants, the name should be on inside tag. This will allow us to return lost items to your child in a timely fashion.

- Students **MAY NOT** wear team uniforms/warm-ups as their gym clothing.
- Physical Education classes will be outside in cold weather. Sweat pants (blue, black, red, or grey **ONLY**) and sweatshirts, along with hats and gloves may be worn. It is recommended that students have **all their clothes** available to them everyday. Students will not be allowed to return to their main hall locker to acquire additional clothing.
- For those students wishing to participate in shorts, it is **MANDATORY** that they are of an **ATHLETIC BASKETBALL LENGTH (mid thigh)**. **NO EXCEPTIONS.**

LOCKERS/LOCKERROOM:

- Students will be provided a lock for their gym locker. If lost, an \$8.00 fine will be assessed. **No one can share a locker.** Sharing a locker will result in detention/referral.
- Students will have approximately 4 minutes to dress for the class after the bell rings and 4 minutes at the end of class to redress for their other classes.
- Students must be in the locker room when the tardy bell rings. If not, they will be considered tardy. A **double tardy** can be assessed in one class period. **BE ON TIME!**
- You must have all gym clothing available daily: gym shorts, white or Beer shirt with last name, socks, and gym shoes. **Students must change out of their school clothes and into their gym clothes everyday to receive credit.**
- You **may not** borrow someone else's uniform to participate in. Shoes must be securely tied.
- Clothes must be taken home on Friday to be washed.
- BEER P.E. is not responsible for lost items.

RETURN THIS PORTION

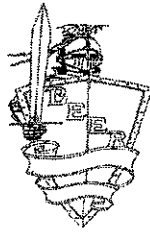
I have read over the Beer Physical Education Rules with my child in which we agree to abide by.

Physical Education Teacher/Hour

Parent signature/date

Student signature/date

PHYSICAL EDUCATION CLOTHING SHEET



DATE NEEDED BY:

- 1. T-SHIRT:** Purchase a Beer T-shirt with name on it (see attachment on back) or put last name on back of a **plain, white t-shirt** in **ONE INCH** or bigger fabric letters. **NO marker** will be accepted. A purchased Beer T-shirt (red) will also be acceptable.
- 2. SHORTS:** No jean, spandex, short shorts, tight shorts, or pajama material. Students may not wear the school issued team shorts. Shorts must be of an appropriate mid-thigh length. **NO EXCEPTIONS.**
- 3. SWEAT PANTS:** Need to be blue, black, red or grey. **NO OTHER COLORS WILL BE ACCEPTED.**
- 4. ATHLETIC SHOES:** No high sole bottoms, open toe/back shoes will be allowed on the floor. Students will not be able to participate in their socks.
- 5. DUFFOLD/PLASTIC BAG:** To take items back and forth from school to home to wash. A small bag for jewelry is a good idea too!

OPTIONAL:

Sweat shirt, sweat pants, hat and gloves. It is recommended that students have **all their clothes** available to them everyday.

Cold temperatures and light rain will not stop us from going outside, so be prepared!