

# PHYSICAL EDUCATION TETON MIDDLE SCHOOL

Mr. Foster

Mrs. Krumpen

## Physical Education

### Description:

Physical Education involves promoting lifelong physical activity through a planned, sequential, K-12 curriculum. Physical Education focuses on the cumulative development of fitness and motor skills, as well as enhancing mental, social, and emotional abilities through cooperative and team-building activities.

### Course Objectives:

The students will acquire knowledge of movement principles and concepts while learning different types of skilled movements. In addition, the students will learn about personal fitness and the value of a physically active lifestyle. Finally, the students will learn about personal and social responsibility in a group setting.

### Course Expectations:

Class will be focused on the Idaho State Standards for Physical Education as well as the Common Core Standards for learning. While students will play several team sports, this will not be the emphasis for the curriculum. The emphasis will be on 1) understanding the importance of physical activity in our daily lives 2) being able to participate fully in a variety of physical activities for personal interest, self-expression, and social interaction 3) improving motor skills and demonstrating knowledge of higher level movements.

### Materials Students Will Need:

Students will be required to furnish their own appropriate shorts/sweats, T-shirts, socks, and non-marking, tied sneakers. **Clothing must meet the school dress code standards.** No short-shorts, tank tops, sleeveless tops, or belly shirts will be allowed. If the student is not properly attired, they will not be allowed to participate that day, and the class will need to be made up. The physical education department will have extra shirts, shorts, and shoes that can be used by the students on a one time basis, should they forget to bring a particular piece of attire. However, the student will receive a five point deduction on their participation grade for each item they are missing. The student will sign a check-out sheet for the clothing, and they will be required to fold and turn in the article of clothing at the end of the period. If the student fails to come with proper clothing again, they will receive a 15-25 point deduction on their participation grade. Any subsequent days of unpreparedness will result in a loss of all participation points and the student will not be allowed to make the class up.

**Cell Phones/Electronic Devices:** During class time, cell phones will not be permitted. If phones are seen during this time, the instructor may confiscate the device until the end of the period.

### Grading Procedures:

Each day is worth **30** points (dresses down and full participation all period). There are **5** points for

dressing down and **25** for participating and staying on task. Points can be deducted by the instructor for failing to comply with these requirements. **If you are at school expect to dress down and participate. A doctor's note is required for any extended illness or reason for not participating.**

**Absences:**

Each day a student is absent they will receive 0 points. Exceptions are if the student has a note from a physician, or they are at a school-sanctioned function. These absences can be made up in the following way: For each absence the student will need to exercise for 30 minutes outside of school hours. The student may pick the activity. The student will have exactly two weeks (14 days) to make up any unexcused absence. If they fail to do so in the required time, the class will not be allowed to be made up. **Parents please send a signed note outlining what type of exercise was performed and the amount of time spent.**

**Mistreatment:** Bullying, harassment, or any other forms of mistreatment will not be tolerated. If you or a classmate is being mistreated, tell the teacher or school administrator immediately. *If you are a bully, STOP IT. If you witness bullying, REPORT IT. If you report it to an adult, we will TAKE ACTION.* Make the class a safe, enjoyable place for everyone.

**Injuries/Accidents:** If a student is accidentally injured in class, the teacher will render any immediate care they feel is appropriate. The student will then be taken to the office, and their parents will be called and notified of the injury. If it is deemed necessary to remove the student from participation for the remainder of the class, and/or any subsequent classes, the student will need to seek the attention of a physician and provide a written statement from the physician as to the nature of their injuries. In addition, the attending physician or parent/guardian will need to provide a timetable for the safe return to activity for the student. If these criteria are not met, the student will not be allowed to return to active participation in the class, and the missed days will need to be made up.

**Please sign and return:**

PRINTED STUDENT NAME: \_\_\_\_\_

**We have read and reviewed all of the information listed above.**

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date \_\_\_\_\_

Phone number where parent/guardian can be reached \_\_\_\_\_

E mail address \_\_\_\_\_

