

WHITEAKER MIDDLE SCHOOL

Physical Education

Carol Biamont, Scott Coburn

<http://whiteaker.salkeiz.k12.or.us/>

(503) 399-3224

COURSE PURPOSE:

The student will have an understanding of the concepts behind fitness training and an appreciation of the time and effort needed to maintain a high level of physical fitness. The student will gain knowledge in a multitude of activities, which will help develop a lifetime desire for physical activity and good health.

COURSE GOALS:

1. To develop the skills necessary to participate in a wide variety of activities, including physical fitness, team sports, individual sports, dance & rhythm, and lifetime activities.
2. To develop an understanding of the rules, history, and strategies for playing specific games.
3. To have the opportunity to be physically active while learning and developing skills.
4. To understand the fitness concepts underlying the development of a complete workout program.
5. To learn to set both physical and nutritional goals, which help enhance health and fitness.
6. To develop an appreciation for lifetime activity.
7. To apply the rules and procedures of the activity using correct etiquette and sportsmanship.

COURSE OBJECTIVES:

1. To increase the student's knowledge of fitness concepts and the components of sport, dance & rhythm, and other lifetime activities.
2. To improve the student's health and physical fitness.
3. To enhance the student's physical self-concept.

STUDENT REQUIREMENTS:

1. **CLOTHING:** Students are expected to be in class and **BE PREPARED**.

For PE activities, the appropriate attire is a "Whiteaker PE" t-shirt or light (ash) grey t-shirt, shorts or yoga/sweatpants, tennis shoes. The clothing should be stretchable and non-restricting. The shorts must be athletically appropriate. The students first and last name will be clearly written on their PE shirt. "Whiteaker PE" shorts and sweatpants are available for purchase.

To earn full credit in class the students must have their PE clothes. If a student forgets their PE clothes they **must** use the clothes we loan. **We loan clean clothes.**

2. **PARTICIPATION:** All students are to participate every day. In most cases, if a student is well enough to be in school they can participate in some sort of PE activity. Students are asked to "do what they can do."

Medical excuses are honored and are requested if a student is to be excused for more than three days. Please have the doctor state the nature of the illness or injury, the length of time the student is to be excused and any limitations the student may have during this time. The medical excuse should be brought to the office before school and given to the Attendance Secretary. The note will be filed in the health folder and a copy given to all the PE teachers. The note should include a date when the student can return to activity. **Students will be given an alternative assignment for extended time out of PE.**

3. **GRADING:** Grades will be determined by evaluation of skill tests, knowledge of the game or activity, actively and willingly participating, cooperation and some written assignments.

The students can earn 10 points per day for their involvement in class. These points will be earned in accordance with the course goals. Other points will be earned for testing and other written work.

Final grades will be based on the following scale:

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

4. **MAKE UP:** If a student does not participate in PE class for any reason they must make up the work in order to earn their credit. A student may do any physical activity, outside of school, to make up an absence. These activities include practices, games or any work your teacher says is acceptable. The activity must be 1 hour in length. The student then needs to complete a detailed “**PE Point Recovery**” sheet. For extended absences alternative assignments will be given.
5. **GUM:** NO GUM OR CANDY IS ALLOWED IN ANY P.E. CLASS OR LOCKER ROOM.
6. **SHOWERING:** All students are encouraged to clean up after class. Showers and towels are provided. The importance of good personal hygiene will be emphasized. The students will be allowed time at the end of class to clean themselves.
7. **TARDIES:** All students are to be in the locker room BEFORE the tardy bell rings. Students will have a few additional minutes to dress and report to their correct position for roll call. Students are to stay seated in their roll spots until we are ready to begin our activity for the day.
8. **LOCKERS, BASKETS AND LOCKS:** All students will be provided with a locker and combination lock for the protection of their clothing and valuables. Be certain the lock is locked at all times. Students are responsible for the lock and the assigned basket, as well as maintaining the assigned basket. Stand up lockers are to be used during your PE class time ONLY. Lost or broken PE replacement locks are \$7.00.
9. **INJURIES:** In order to fulfill legal and insurance obligations, any injury received in PE class must be reported immediately to your instructor. Absolutely no horseplay will be tolerated during PE class, in the locker room or in the shower area.
10. **EQUIPMENT:** Any misuse of equipment or improper conduct resulting in damage or breakage will result in the student being responsible for replacement costs.
11. **TAG CONSIDERATIONS:** Differentiated instructional strategies will be used kinesthetically in physical education. No Modification is needed for students with intellectual, math, or reading plans.

We want each student to be successful and find some enjoyment in a variety of activities. With our fitness activities and game activities we hope that we can offer each student an activity that they may choose to continue throughout their life.

Please feel free to contact any of us if you have any concerns or comments. The Whiteaker Middle School phone number is 399-3224. Look at our website for more information. <http://whiteaker.salkeiz.k12.or.us/>