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**6-8 Physical Education**

**Goal**

The primary goal of physical education is to assist students in the development of skills and knowledge of human movement that will help develop a lifelong love of physical activity with a focus on cooperative play, sportsmanship, and leadership skills in a safe environment.

**Attire**

All students must change clothes into the required PE uniform (may be purchased at Educational Outfitters, 130th & West Center Rd.) and wear appropriate athletic shoes. Deodorant should be used at this age, but sprays (such as Axe, body spray, or perfume) are banned from use in the restrooms due to asthma and allergies of many students in the school. This procedure will help in the transition to high school expectations. Proper behavior is expected in the restrooms at all times.

**Safety**

Safety will always be the most important aspect of any physical activity. Sportsmanship and cooperation will be encouraged to help develop the proper attitudes and actions during physical activity.

**Curriculum**

A variety of activities will be introduced which will provide opportunities for students to improve on and learn new skills. Personal health will also be emphasized. Movement, games, fitness activities, and team building activities will be included.

**Expectations**



Students will:

* Be accountable for rules and guidelines for activities introduced
* Participate in activities for fitness, enjoyment and social interaction
* Receive continued skill instruction related to individual and team sports
* Be introduced to advanced games, strategies and techniques
* Recognize and demonstrate safety skills with respect to self and others
* Demonstrate social and safety skills and habits with respect to self and others, regardless of individual differences in skills and abilities
* Identify lifelong fitness activities
* Demonstrate sport skills in different sports areas and apply simple strategies in a variety of sports-specific games
* Be respectful, follow rules, and cooperate with adults and teammates

Students will participate in:

* A variety of drills, lead-up games related to team sports, and tournament play
* The mile run at least once a year

**Injuries or illnesses**

A written note or email from parent(s) or doctor will excuse a student from participating in activities without a deduction to his/her grade. He/she will be expected to pay attention and help in other non-active ways during class for a full participation grade.

**Grading**

Each class is worth 10 points:

* 5 points—Participation/safety (Students will be graded on Effort, not skill level)
* 2 points— Cooperation/sportsmanship
* 3 points—Proper attire

**Sycamore**

Grades will be posted in a timely manner. All absences will count as a “0” until a makeup assignment has been turned in. Makeup assignments are due within one week of return to receive full credit (unless previous accommodations have been made).