

2014-15 SYLLABUS

Physical Education

Wahoo Middle School – Physical Education

SEMESTER 1

Quarter 1	Rules/Expectations	Warm Up/Flexibility Exercises	Weight Room Safety
	Lifting Exercises/Technique	Aux. Lifting Exercises	Weight Room Etiquette
	Documentation/Book Completion	Basic Skills Relays	Physical Fitness Testing
	Stunts and Combatives	Games-Individual, Recreational, and Cooperative	Rate Individual Social Competence
Quarter 2	Warm-Up/Flexibility Exercises	Weight Lifting Exercises	Basic Skills Relays
	Documentation/Book Completion	Stunts and Combatives	Games-Individual, Recreational, and Cooperative
	Fitness Training/Heart Rate	Measure Body Comp.	Physical Fitness Testing

SEMESTER 2

Quarter 3	Review Rules/Expectations	Review Warm Up/Flexibility Exercises	Weight Room Exercises
	Review Core Lifting Exercises/Technique	Aux. Lifting Exercises	Weight Room Etiquette
	Review Documentation/Book Completion	Basic Skills Relays	Physical Fitness Testing
	Stunts and Combatives	Games-Individual, Recreational, and Cooperative	Rate Individual Social Competence
Quarter 4	Warm-Up/Flexibility Exercises	Weight Room Exercises	Basic Skills Relays
	Documentation/Book Completion	Stunts and Combatives	Games-Individual, Recreational, and Cooperative
	Fitness Training/Heart Rate	Track and Field Competitions	Measure Body Comp.

GRADING

80% Summative-Demonstrate Skill/Understanding	20% Formative-Checking for Understanding	
Quizzes, Quarter and Semester Tests, Large Projects-Summative; Final Essays; Lab Reports; Summative Presentations; Summative Portfolios	Informal Quizzes; Entrance/Exit Tickets; Practice Tests; Small Projects-Formative; Draft Re-writes; Re-do assignments; Homework; Practice; Classwork; Student Involvement; Class Activities; Participation % Effort; Skills Performed; Knowledge of skills & activity; Social behavior	

Weekly Grading / 25 Possible Points

A student may earn a maximum of participation points each class period.

5 POINTS: Dressed, Full participation, cooperation, excellent sportsmanship, effort, and appropriate language at all times.

4 POINTS: Dressed, Majority participation, cooperation, sportsmanship, effort, language.

3 POINTS: Dressed, Minimal participation, cooperation, sportsmanship, effort, language.

2 POINTS: Dressed, Very little participation, cooperation, sportsmanship, effort, language.

1 POINT: Dressed only, discipline problem, very little participation, inappropriate language.

0 POINTS: Not dressed, absent, unexcused absence, fighting, no participation, disrespectful behavior, removal from class.

PHYSICAL TESTING

Physical Fitness- Vertical Jump, Sit & Reach, Pull-ups, Sit-Ups, 800 Run (6th Grade), 1 Mile Run (7th & 8th Grade) & Body Composition

***Testing will take place at the start and end of each semester.*

INJURY & ILLNESS

Students who are in attendance, but are suffering from injury/illness shall only participate in those aspects of class that do not jeopardize their current condition. Any assessments, which occur while the injured/ill student cannot participate in at that time, must be made up at the teacher's discretion.

HEALTH CONCERNS

- 1) **If you are injured during class tell the teacher.**
- 2) If you have asthma, keep your inhaler with you during class.
- 3) Always report ANY health problems to the teacher.
- 4) Always be aware of your own protection and safety.

SAFETY

Students must follow all safety rules. Always think before you act-common sense prevents many accidents. All students must follow the weight room/class rules. Students not following the weight room/class rules will be subject to a problem-solving and/or other disciplinary action.

GENERAL RULES & INFORMATION

- 1) If class is outside, stay with the class at all times.
- 2) Students leaving class for an athletic event must report to class for attendance and to be dismissed.
- 3) Students may not leave during the class period without permission.

Class Routine

- 1) Change in locker room and meet in the gym or weight room. (Students are required to change into the appropriate clothing in the locker room of their gender.)
- 2) Attendance and announcements.
- 3) Warm up/stretch routine.
- 4) Daily Workout.
- 5) Activity/Lifting Workout and Exercises.
- 6) Post individual stretching.

CLASSROOM RULES

- 1) No profanity or foul language!!
- 2) Be respectful to others and all materials used in class at all times.

DO WHAT IS RIGHT! YOU KNOW THE DIFFERENCE BETWEEN WHAT IS RIGHT AND WHAT IS WRONG. IF YOU DO NOT KNOW, THEN ASK.

ESSENTIAL LEARNINGS FOR MIDDLE SCHOOL PE

- Students will learn through experience many different activities and learn about their areas of personal interest.**
- Students will actively engage in physical activity during class.**
- Students will become physically active regardless of their physical limitations.**
- Students will know and identify examples of the five components of fitness.**
- Students will know that people who are flexible are less subject to injury in activities.**
- Students will know and apply the rules and safety of various fitness settings.**
- Students will describe relationships between personal health behaviors and individual wellbeing.**
- Students will identify responsible health behaviors.**
- Students will identify personal health needs.**
- Students will demonstrate proper fitness room etiquette.**
- Students will exhibit responsible and self-directed, self-managed behaviors that lead to positive social interactions and success.**
- Students will apply skill-related fitness components.**
- Students will rate themselves on six developmental levels of social competence.**
- Students will maintain accurate records of lifting performance.**
- Students will find success in the exploration and learning about one's personal strengths and weaknesses.**
- Students will know through stretching activities, the length of muscles, tendons, and ligaments increase.**