Physical Education and Health Syllabus 6th-8th

Physical Education Expectations:

- PE is every MONDAY, WEDNESDAY, and FRIDAY
- Every Friday will be Recreation Day. This will also allow students to complete missing assignments.
- Participate to the best of your ability
- Dress in appropriate athletic attire
 - --DO wear tennis shoes and comfortable clothes
 - --DO NOT wear sandals, slides, crocs, and hoodies/jackets
- 3 strike policy for inappropriate gym attire:
 - --1st Strike=No participation in gym activity and complete written assignment
 - --2nd Strike=No participation in gym activity, complete written assignment, parent notified
 - --3rd Strike=No participation in gym activity, bounce to choice, parent notified.
- All student materials should be left in the breezeway.
 - --Cell phones can be left on window ledge.
- Transition to the gym quietly and politely
 - --Once students enter the gym, students will begin walking and talking quietly around the cones.
 - --Once everyone is ready for PE (dressed appropriately and present), the 3 minute warm-up run will begin.
 - --Walking during the warm-up will negatively affect participation grade.
- Bathroom opportunity happens during our 2nd walk after the warm-up.
 - --Please do not ask to go before or after this time.
- Water break will occur at the end of class before transition time.
- Use appropriate language, no horseplay/disruptive behavior.

Health Education Expectations:

- Health is every TUESDAY and THURSDAY
- Come prepared
 - --Need to have notebook or section for health
 - --This notebook should come to class every Tuesday and Thursday
 - --Please bring pen or pencil
- Participate in class discussions and activities
- Time is allowed for assignments during class but may need to be completed outside of class, or Recreation Day
- <u>Pactolus PE Department Website</u> http://pact

Behavior Expectations:

Step 1: Warning

Step 2: Bounce Prevention Plan -Parent Notified if not completed correctly

Step 3: Bounce to Choice-Parent Notified

Step 4: Office Referral-Parent Notified

Grading Scale:

50%-Participation in Health and Physical Education

40%-Classwork

10%-Fitness Assessment (Please see back for details)

Student Signature	
Parent Signature	

P.A	CER FITNES	SS TES	ST								
YOUR PACER SCORE	Participate	10	20	30	40	50+					
YOUR FITNESS TEST GRADE	50%	60%	70%	80%	90%	100%					
CURL-UP FITNESS TEST											
YOUR CURL-UP SCORE	Participate	5	10	15	20	25	30	35	40	45	50+
YOUR FITNESS TEST GRADE	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
PUSH-UP FITNESS TEST											
YOUR PUSH-UP SCORE	Participate	1	2	3	4	5	6	7	8	9	10
YOUR FITNESS TEST GRADE	50%	52%	54%	56%	58%	60%	62%	64%	66%	68%	70%
	11	12	13	14	15	16	17	18	19	20	21
	72%	74%	76%	78%	80%	82%	84%	86%	88%	90%	92%
	22	23	24	25+							
	94%	96%	98%	100%							
SIT AND REACH FITNESS TEST											
YOUR SIT AND REACH SCORE	Participate	6	7	8	9	10+					
YOUR FITNESS TEST GRADE	50%	60%	70%	80%	90%	100%					