

**FWH**  
**Middle School**  
**Physical Education**

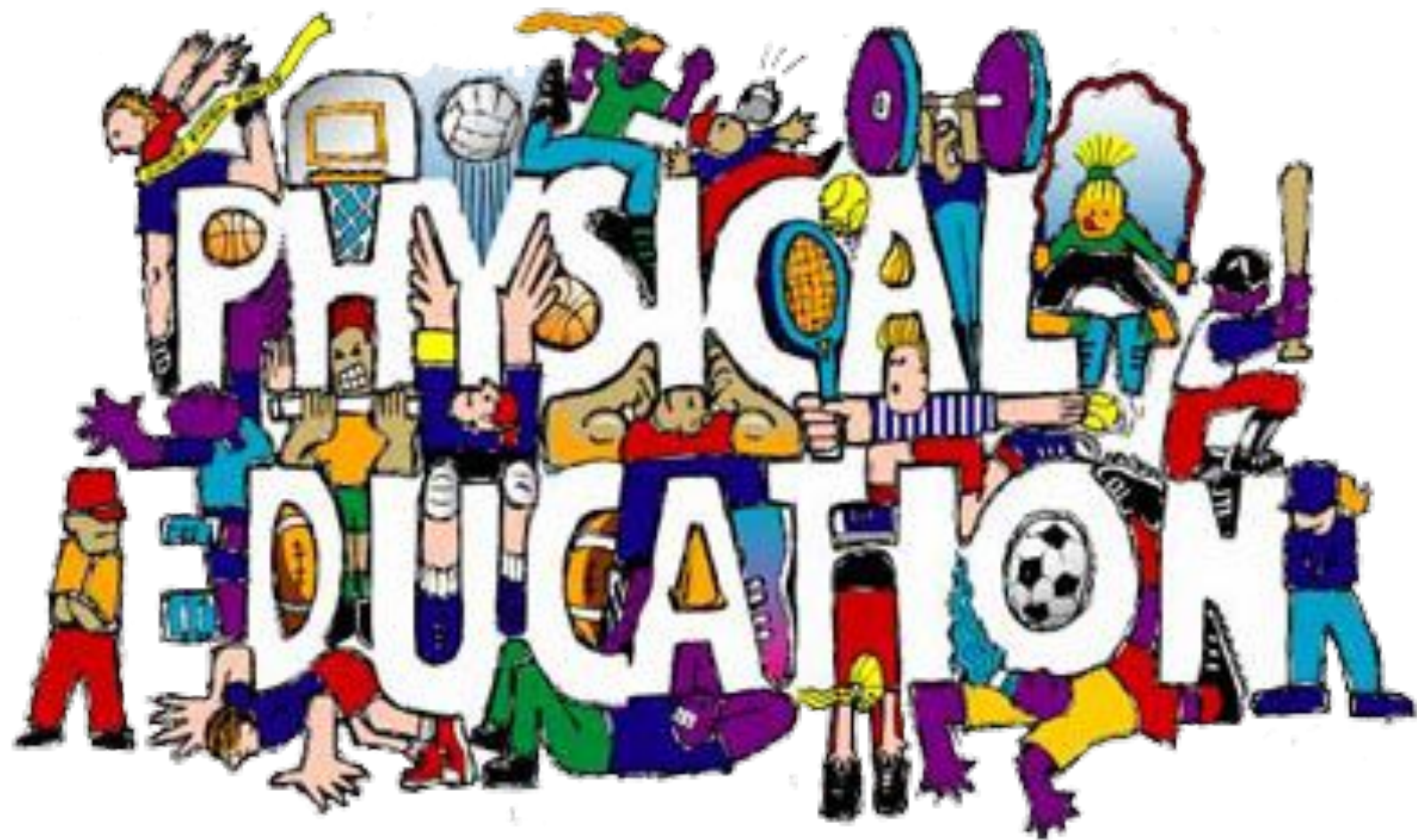


# Physical Education Philosophy

Through a wide range of physical activities, students will explore the skills, strategies and social concepts needed to form a foundational knowledge and confidence toward physical activity as it relates to health and wellness.

In order to appeal to all students and offer equal opportunity for success, activities will vary, but will be selected from rhythmic movements, dynamic games, traditional sports, cooperative challenges and fitness activities.

The primary goal of this class is to expose students to as many varieties of physical activities in hopes that their skill and confidence with the activity follow them through their lifespan, thus increasing their health and wellness.



# Expectations for PE

- In order to teach the skills, concepts and strategies of activities, the students need to be active listeners (listen with eyes, ears and mouth)
  - This means students can't be learning or they are preventing others from learning if they are talking over the teacher or other students
  - Watching demonstrations, asking relevant questions and active listening are the best tools to learn
- Mr. Northup will simply wait until students are actively listening before he begins or continues his instruction
  - This means if the class wastes time by being disrespectful and distracted, the activity time will be shortened
  - After attempts at redirection, students will be instructed to complete an alternate PE assignment instead of partaking in the group activity and instruction

# Expectations for PE Continued...

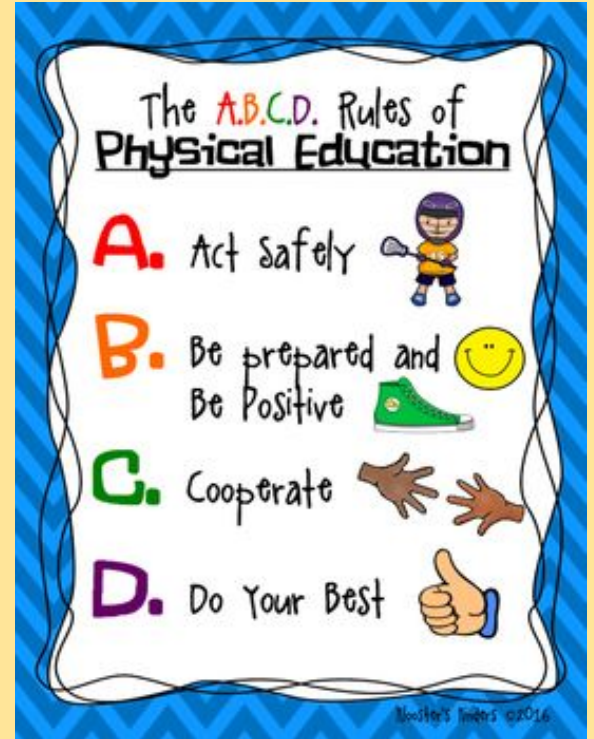
- Students who cannot participate, either due to medical exemption or teacher-imposed reasons, must complete the *Alternate PE Assignment*
  - The assignment must be completed by the end of class or can be finished and submitted late with a 10% penalty for each day it is late
  - Answers must be thorough and in complete sentences in order to receive credit
  - If student completes the *A.P.E.A.* for any other reason than medical exemption, only a 75% of the potential points will be awarded. There will be a 25 point deduction for the reason you were removed from the group activity per the daily assessment guidelines.
- Each day students are graded on four components: Effort for Improvement, Sportsmanship Toward Peers, Behavior and Preparedness for Class.
  - Students may earn up to 25 points per each of the above mentioned category per day
  - Each week, the grade is calculated by total points earned/total points possible and reported on Aspen.

# Grading Breakdown with Examples

**Effort:** Did student follow all directions and pay attention to instruction to participate appropriately in the activity as designed

Example of full points: Student was actively engaged during instruction, followed all directions and is making an attempt at improvement with positive energy

Example of partial points: Student was talking during instruction, is not understanding the concepts or rules of the activity and thus is playing incorrectly or with little effort to learn and make attempts at improvement



# Grading Breakdown with Example

**Sportsmanship:** Did student cooperate effectively and provide positive energy and support to peers in all aspects of the PE class

Example of full points: Student was a cooperative teammate and offered to rotate the positions of the sport activity so everyone had a chance. Student also only used positive language and body language toward peers.

Example of partial points: Student had poor body language because of personal dislike for the assigned activity and thus wouldn't work effectively as a teammate and didn't take activity seriously, thus causing tension with teammates and peers.



# Grading Breakdown with Example

**Behavior:** Did student behave appropriately to allow self and others to experience the desired educational concepts of the P.E. lesson or activity

Example of full points: Student was on task and respectful to teacher and peers throughout instruction, activity and reflection.

Example of partial points: Student had to be reminded multiple times of the expected behaviors and spoken to individually about his/her behavior and how it was disrupting class objectives.





# Grading Breakdown with Example

Preparedness: Did student come to class prepared for physical activity and is responsible with personal preparation

Example of full points: Student was wearing appropriate athletic attire including sneakers.

Example of partial points: Student had to borrow physical activity attire or was not permitted to participate due to unsafe footwear.

"I love the smell of my kids when they return from gym class," said no middle school teacher ever.



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# Gymnasium Policies

Be on time. 3rd offense = after-school detention for tardiness

Meet Mr. Northup outside the gym doors at the start of every class

Upon entry, review the daily lesson board for directions

Only touch equipment when directed to do so

Never sit or climb on the bleachers

Roughhousing is both unsafe and disruptive... leave it at the door

Raise your hand if you have a question or relevant comment

# Gymnasium Policies Continued

Always ask permission to leave the gym for any reason (drinks, bathroom, etc)

Locker rooms are only used for changing purposes at the beginning and end of class...no one should be in there during class unless permitted by the teacher

Two whistles = stop, look and listen

No students should be in any closets unless asked during set-up/clean-up

It is the entire class responsibility to clean up equipment...help out

Only positive language is permitted in all cases during P.E.

# Consequences for Not Meeting Expectations

An attempt at redirection will always be given to the student(s)

Further attempts at redirection may include time-outs or private conferences

Unsuccessful attempts at redirection will result in alternate assignment and removal from activity

Repeated or habitual behavioral concerns will require parent contact and/or teacher imposed consequences such as detention (lunch or after-school)

Finally, unsuccessful efforts to redirect student behavior will result in office referral

# Illness/Medical Exemption From Class

(Review Assignment)

A note from a parent excusing a student from PE must first be approved by the school nurse. Please check in with her before coming to PE class

It will be expected that you try your best in all cases without a note approved by the school nurse or medical doctor



# IN THIS CLASSROOM, I...

**F**IND THE COURAGE IT TAKES TO GROW UP AND BECOME WHO I REALLY AM.

**O**PEN UP TO CHALLENGE SO I CAN CHANGE.

**C**ARE AND AM KIND, FOR EVERYONE I MEET IS FIGHTING A HARD BATTLE.

**U**NDERSTAND THAT DREAMS ONLY WORK WHEN I DO.

**S**ET MYSELF UP FOR SUCCESS SO ANYTHING CAN BE POSSIBLE.

# What I Learn in PE Class

In physical education class, your teacher bases lessons on the **National Standards for K-12 Physical Education** to teach you how to become a physically literate individual. Being physically literate means that you know how to be physically active and, because you know how to be physically active, you enjoy making physical activity a part of your life. Learning the skills now to become physically literate will help you continue to lead a healthy and physically active lifestyle as an adult.

Look at the **National Standards** to help you understand what you are learning in PE.

## A physically literate individual:

## What this means to me:

1

demonstrates competency in a variety of motor skills and movement patterns.

I use a variety of skills to participate in physical activities.

2

applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

I apply concepts related to movement whenever I'm physically active.

3

demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

I know and practice the skills that help me maintain a healthy lifestyle.

4

exhibits responsible personal and social behavior that respects self and others.

I act fairly, responsibly and respectfully when I participate in activities.

5

recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

I recognize the value of physical activity to my overall health.